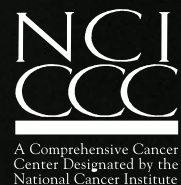
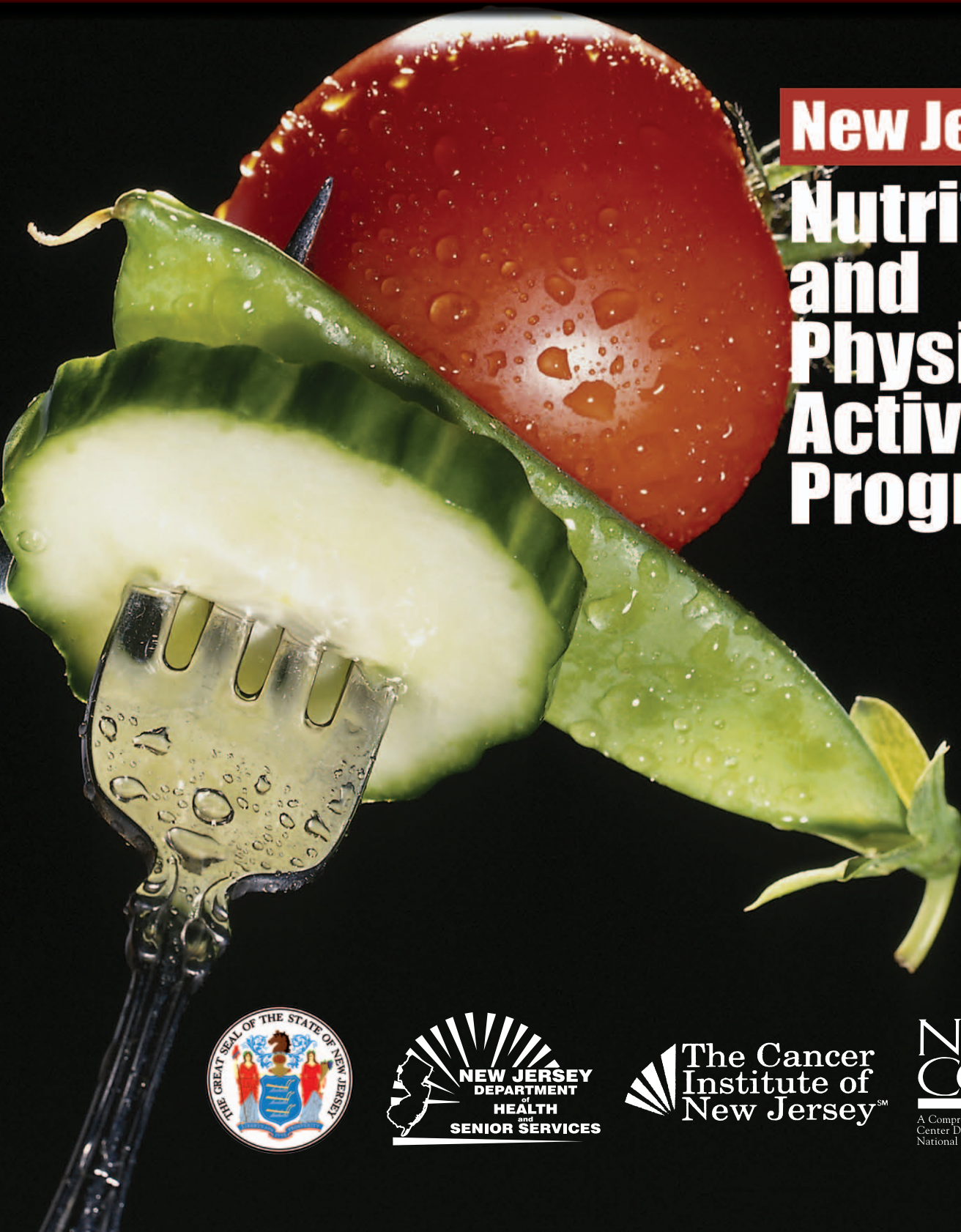




Office of Cancer Control and Prevention



New Jersey Nutrition and Physical Activity Programs



Nutrition and Physical Activity Programs in New Jersey

Introduction

Compiled by:

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May 2008

This is the Second Nutrition and Physical Activity Programs in New Jersey Resource Guide 2008. Using as baseline the Nutrition and Physical Activity Resource Guide developed by Lisa Paddock and Elisa Bandera in 2003, we expanded the statewide survey. As a result, the 2008 Guide is a much more comprehensive resource. We hope it will help New Jersey residents find programs in their areas to help them achieve a healthy lifestyle.

We would like to continue building this Resource Guide. *If we missed your program or you would like to provide an update or send any corrections in your listed program, please contact us (see page 3).*

Nutrition and Physical Activity Programs in New Jersey

To add or change information about your program,
please complete the form below and mail to:

Elisa V. Bandera

The Cancer Institute of New Jersey

195 Little Albany Street

New Brunswick, NJ 08901 or

Email: elisa.bandera@umdnj.edu

You can also complete and submit our brief online
survey at <http://www.nj.gov/health/survey/npa/>

Program Name:	
Agency:	
Address:	
County:	
Phone:	
E-mail:	() -
Website:	
Focus:	
Services:	✓ (Check all that apply): Educational materials Workshop/classes Counseling Equipment or facilities for fitness Healthy choices in cafeteria/vending machines Fruits and Veggies- More Matters® (New campaign replacing 5 A Day Program) Other (please specify)
Age group:	
Funded by:	
Fees/Charges:	
Other info.:	

(Please use other pages if needed)

Nutrition and Physical Activity Programs in New Jersey

Our Goals:

- To provide an ongoing directory of programs promoting nutrition and physical activity for New Jersey residents
- To identify program gaps and overlaps to issue public health recommendations; and,
- To facilitate dissemination of successful programs available to New Jersey residents.

Relevance:

- Individuals can use this resource to find available programs promoting nutrition and physical activity in their areas.
- Organizations can use this information to address the nutrition and physical activity goals in the New Jersey Comprehensive Cancer Control Plan and Healthy New Jersey 2010, particularly by targeting high-risk populations.

New Jersey Comprehensive Cancer Control Plan:

Nutrition and Physical Activity Goals:

- To promote long-term healthy eating patterns, healthy weight, and physical activity for cancer prevention among New Jersey residents.
- To assure proper nutritional care for cancer patients.

Healthy New Jersey 2010 Goals Nutrition and Health:

- To increase the percentage of persons aged 18 and over eating at least five daily servings of fruits and vegetables (including legumes) to 35.0%.
- To reduce the percentage of persons aged 18+ & who are overweight but not obese to 27.6%.
- To reduce the percentage of persons aged 18 and over who are obese to 12.0% of all adults.
- Increase the percentage of persons aged 18 and over who participate in frequent, leisure-time physical activity during the past month to 42.5%.

A diet rich in fruits, vegetables, and whole grains, maintenance of a healthy weight and a physically active lifestyle has been shown to reduce cancer risk.



Did you know?:

- Only 25.9% of NJ residents consume the recommended number of servings of fruits and vegetables (at least five servings/day).
- Over 37% of adult NJ residents are overweight.
- Over 54% of NJ residents are not exercising regularly.

Source: Behavioral Risk Factor Surveillance System data, Centers for Disease Control, 2005.

Our Methods:

A statewide survey was conducted, between June 2006 and March 2007, to identify programs offered to New Jersey residents promoting healthy dietary habits and/or physical activity. Surveys were sent to industries, hospitals, universities, community agencies, state and local government, and private and public organizations in New Jersey. In addition to the detailed information about the nutrition and physical activity programs, organizations were asked to provide contact information for any other nutrition and physical activity resources that they were aware of. All eligible information received by May 1, 2007 was included in this resource guide.

We will continue collecting data and future updates will be made to this database. This resource guide will also be posted on the NJDHSS website: <http://www.njcancer.gov/>.

To send us information about a new program or to update/make any corrections to your program listed here, please follow instructions in page 3.

Nutrition and Physical Activity Programs in New Jersey

Using the Guide

To use this resource, look for your county in the Table of Contents. For each county, Physical Activity and Nutrition Programs are listed. The name, address, and phone number are listed for each program. When available, details of the programs are provided, such as the FOCUS of the program, special SERVICES

that are provided, specific POPULATIONS that are served, FUNDING sources, FEES or charges that may be incurred for attending the program and any OTHER information.

Below is a key for the services provided.

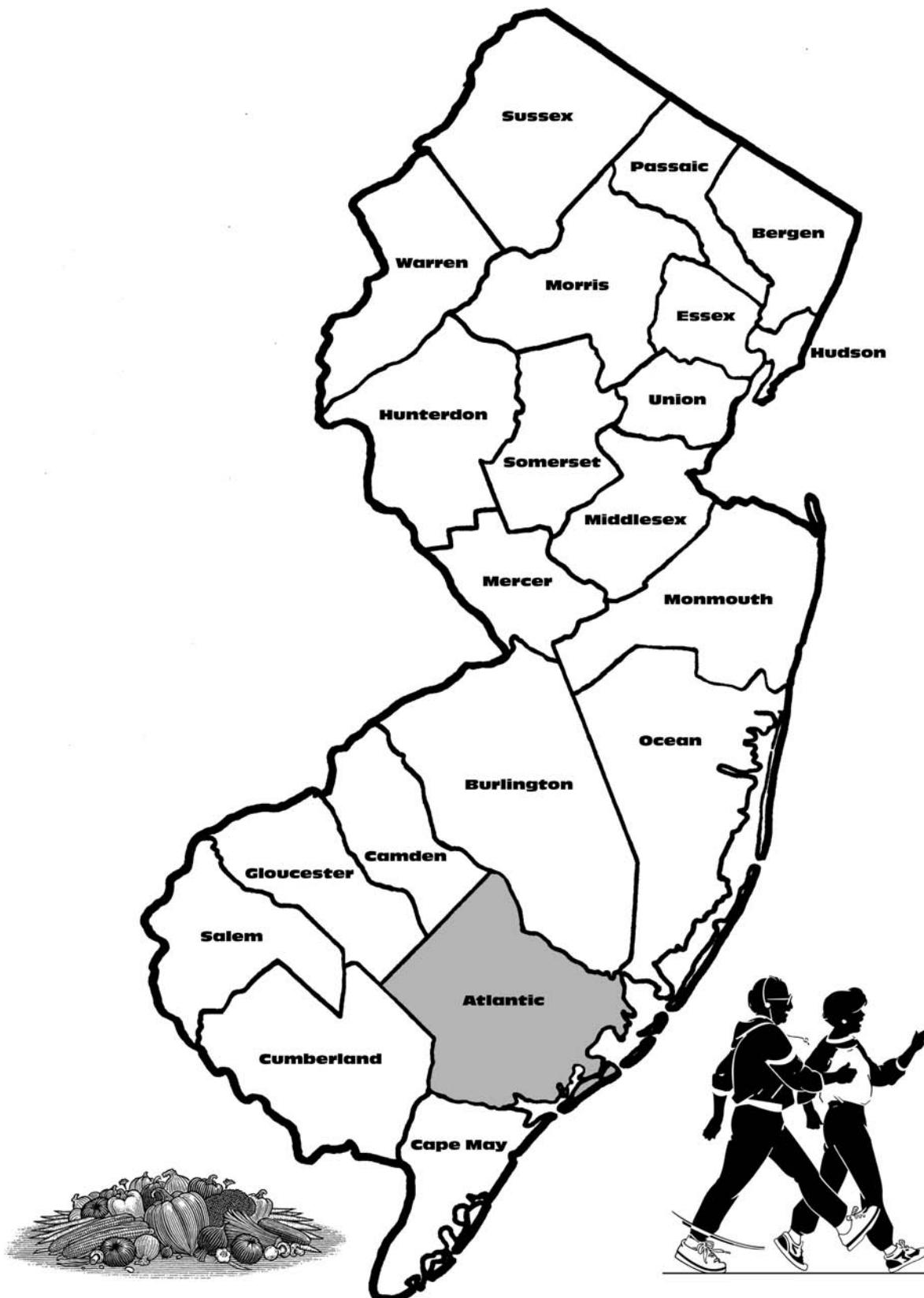
Key:  **Education Materials**  **Workshops/Classes**  **Program Evaluation**  **Counseling**
 **Equipment or Facilities for Fitness**  **Healthy Choices in Cafeteria/Vending Machine**
 **Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)**

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Atlantic County




ATLANTIC COUNTY Nutrition Programs

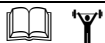
Program Name:	Shore Memorial Hospital Wellness Program
Agency/Institution:	Shore Memorial Hospital
Address:	1 E. New York Avenue, Somers Point, NJ 08244
County:	Atlantic
Phone:	609-653-4500
Website:	www.shorememorial.org
Focus:	Information provided about balanced nutrition based on individual needs
Services:	   
Population served:	Adults, seniors
Funded by:	Part of the cost of providing community education programs
Fees & Charges:	None
Other information:	We offer various nutrition programs

Program Name:	Horizon Health and Literacy Program
Agency/Institution:	Boys and Girls Club of Atlantic City, Inc.
Address:	317 N. Pennsylvania Ave., Atlantic City, NJ 08401
County:	Atlantic
Phone:	609-347-2697
Website:	www.acbgc.org
Focus:	Improve reading score and knowledge of healthy eating
Services:	   
Population served:	Ages 6-18
Funded by:	Internal-Boys and Girls Clubs of NJ Funding
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

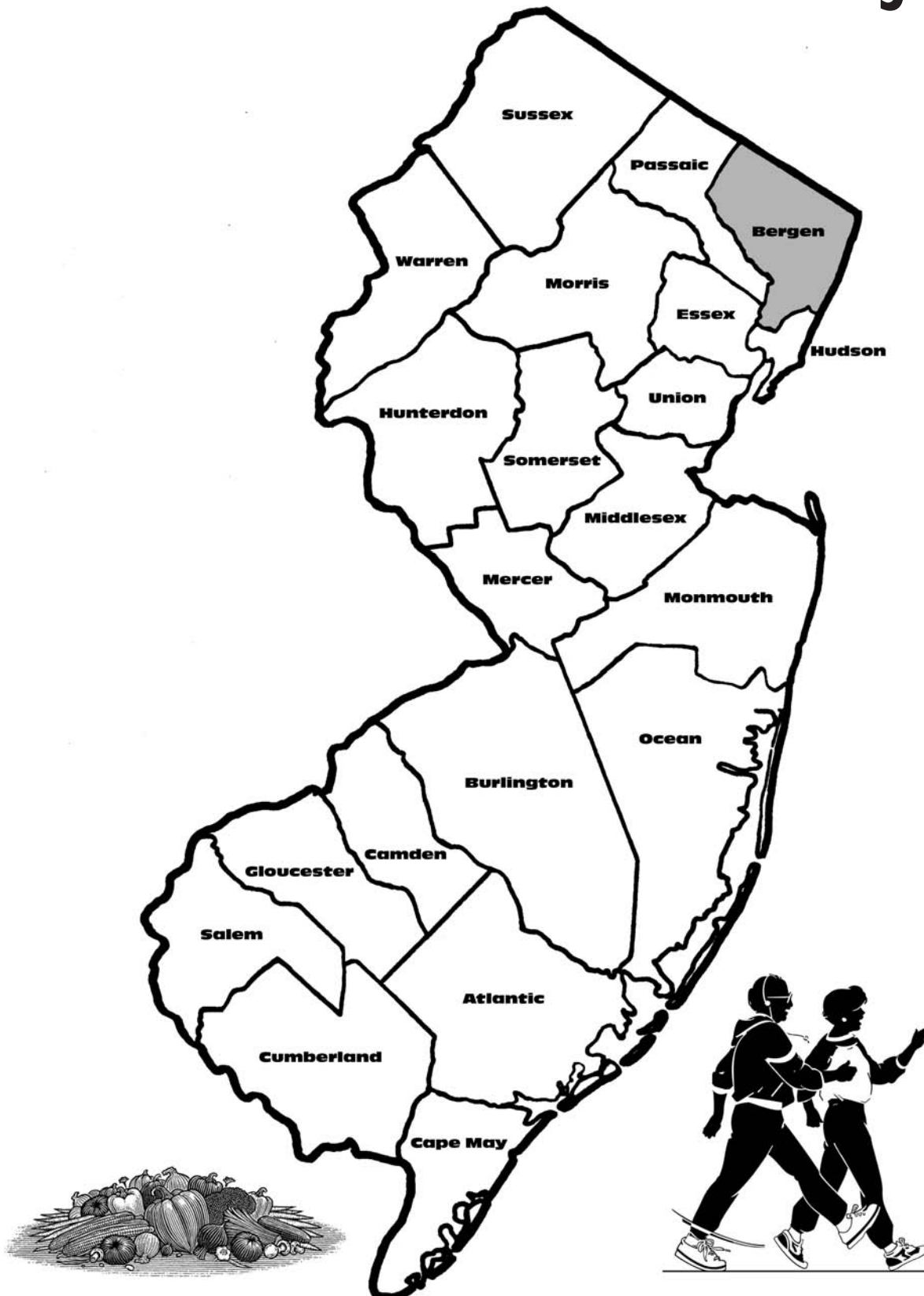
ATLANTIC COUNTY Physical Activity Programs

Program Name:	Pilates
Agency/Institution:	Shore Memorial Hospital Wellness Program
Address:	1 E. New York Avenue, Somers Point, NJ 08244
County:	Atlantic
Phone:	609-653-4500
Website:	www.shorememorial.org
Focus:	Promote an active lifestyle
Services:	
Population served:	Adults
Funded by:	Collect minimal fee from participants to pay instructor
Fees & Charges:	Yes
Other information:	We also offer tai chi, tai chi chih, and arthritis exercise






Program Name:	Sports, Fitness, and Recreation
Agency/Institution:	Boys and Girls Club of Atlantic City, Inc.
Address:	317 N. Pennsylvania Ave., Atlantic City, NJ 08401
County:	Atlantic
Phone:	609-347-2697
Website:	www.acbgc.org
Focus:	To encourage and inspire all youth, especially those who need us most, to become caring, responsible, healthy and productive citizens
Services:	
Population served:	Ages 6-18
Funded by:	Own funding, grants, and federal; federally-funded pass through grants via BGCA
Fees & Charges:	Yes





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Bergen County








BERGEN COUNTY Nutrition Programs





Program Name:	Personal Nutrition Counseling
Agency/Institution:	Ridgewood YMCA
Address:	112 Oak Street, Ridgewood, NJ 07450
County:	Bergen
Phone:	201-444-5600
Website:	www.ridgewoodymca.org
Focus:	Promote healthy eating and lifestyle choices
Services:	    
Population served:	All ages
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Flip the Switch
Agency/Institution:	Ridgewood YMCA
Address:	112 Oak Street, Ridgewood, NJ 07450
County:	Bergen
Phone:	201-444-5600
Website:	www.ridgewoodymca.org
Focus:	Develop a healthy lifestyle and improve awareness of the importance of proper nutrition
Services:	   
Population served:	Children, adolescents
Funded by:	Own funding, grants
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



BERGEN COUNTY Nutrition Programs

Program Name:	Many nutrition focused lectures and activities
Agency/Institution:	Health Awareness Regional Program of Hackensack University Medical Center
Address:	25 East Salem Street, Hackensack, NJ 07601
County:	Bergen
Phone:	201-996-2038
Focus:	Promote a healthy diet
Services:	    
Population served:	All ages
Fees & Charges:	None

Program Name:	Eating For Energy/Women's Heart Health
Agency/Institution:	Garfield YMCA
Address:	33 Outwater Lane, Garfield, NJ 07026
County:	Bergen
Phone:	973-772-7450
Website:	www.garfieldymca.com
Focus:	Educate the community on proper nutrition
Services:	   
Population served:	All ages, targets overweight
Fees & Charges:	None





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)







BERGEN COUNTY Nutrition Programs

Program Name:	Body & Soul
Agency/Institution:	American Cancer Society
Address:	20 Mercer Street, Hackensack, NJ 07601
County:	Bergen
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Increase vegetable and fruit consumption of the African American population
Services:	 
Population served:	Tailored for African Americans of all ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Body & Soul is a 12-week program for African American churches to encourage own membership to eat more vegetables & fruits. Manual explains how church committee might run it, and local American Cancer Society is the resource. Program has specific cancer prevention focus.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





BERGEN COUNTY Nutrition Programs



Program Name:	Nutrition Education Program
Agency/Institution:	Englewood Health Department
Address:	73 S. Van Brunt Street, Englewood, NJ 07631
County:	Bergen
Phone:	201-568-3450
Website:	www.cityofenglewood.org
Focus:	Increase fruit and vegetable intake, decrease fat and cholesterol intake, and increase physical activity.
Services:	   
Population served:	Middle school students
Funded by:	Grants
Fees & Charges:	None

Program Name:	Bergen HealthEASE, Serving Up Good Nutrition
Agency/Institution:	County of Bergen, Division of Senior Services
Address:	One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076
County:	Bergen
Phone:	201-336-7411
Website:	www.co.bergen.nj.us
Focus:	Make healthier food choices
Services:	     
Population served:	Older adults, ages 60+, caregivers of older adults
Funded by:	Own funding, state, federal, client donation
Fees & Charges:	None
Other information:	Encourage low-income older adults to participate in the Senior Farmers Market Nutrition Program. Offer telephone assessment and counseling to homebound older adults.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



BERGEN COUNTY Nutrition Programs





Program Name:	Breast Cancer Support Group & Survivorship Program
Agency/Institution:	Holy Name Hospital Regional Cancer Center
Address:	718 Teaneck Road, Teaneck, NJ 07666
County:	Bergen
Phone:	201-541-5900
Website:	www.holyname.org
Focus:	Healthy eating during and after cancer treatments to aid with reducing risk of cancer recurrence
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Agency/Institution:	Northwest Bergen Senior Center
Address:	46-50 Center Street, Midland Park, NJ 07432
County:	Bergen
Phone:	201-445-5690
Focus:	To teach better nutrition habits
Services:	 
Population served:	Seniors
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





BERGEN COUNTY Nutrition Programs





Program Name:	Community Health Day
Agency/Institution:	Paramus Board of Health
Address:	Paramus Borough Hall, Jockish Sq., Paramus, NJ 07652
County:	Bergen
Phone:	201-265-2100 ext. 615
Focus:	To provide interested residents with accurate, current information about healthy food choices
Services:	 
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Agency/Institution:	55 Kip Center
Address:	55 Kip Ave., Rutherford, NJ 07070
County:	Bergen
Phone:	201-460-1600
Website:	www.55kipcenter.org
Focus:	Promote healthy aging
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, county grant
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

BERGEN COUNTY Nutrition Programs






Program Name:	Healthy Eating
Agency/Institution:	55 Kip Center
Address:	55 Kip Avenue, Rutherford, NJ 07070
County:	Bergen
Phone:	201-460-1600
Website:	www.55kipcenter.org
Focus:	Promote the physical, emotional, spiritual and educational well-being of older adults and to facilitate their participation in all aspects of community life.
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants, fundraising
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Nutrition Program
Agency/Institution:	Thomas J. Riley Senior Center
Address:	100 Madison Avenue, Westwood, NJ 07675
County:	Bergen
Phone:	201-666-0840
Focus:	To provide a well-balanced, hot, midday lunch
Services:	   
Population served:	Seniors
Funded by:	Own funding, county
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






BERGEN COUNTY Physical Activity Programs




Program Name:	Youth Sports, Swim Programs and Swim Team
Agency/Institution:	Ridgewood YMCA
Address:	112 Oak Street, Ridgewood, NJ 07450
County:	Bergen
Phone:	201-444-5600
Website:	www.ridgewoodymca.org
Focus:	Promote an active lifestyle
Services:	  
Population served:	Children, adolescents, families
Funded by:	Own funding, grants
Fees & Charges:	Yes

Program Name:	Adult Fitness Programs
Agency/Institution:	Ridgewood YMCA
Address:	112 Oak Street, Ridgewood, NJ 07450
County:	Bergen
Phone:	201-444-5600
Website:	www.ridgewoodymca.org
Focus:	Promote an active lifestyle
Services:	    
Population served:	Adolescents, adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Wide variety of class offerings and a schedule that allows people to choose the activities that are best for them

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




BERGEN COUNTY Physical Activity Programs






Program Name:	Flip the Switch
Agency/Institution:	Ridgewood YMCA
Address:	112 Oak Street, Ridgewood, NJ 07450
County:	Bergen
Phone:	201-444-5600
Website:	www.ridgewoodymca.org
Focus:	Promote a healthy lifestyle and awareness of the importance of physical activity
Services:	    
Population served:	Children, adolescents
Funded by:	Own funding, grants
Fees & Charges:	Yes

Program Name:	Group Exercise/3-in-1/ Preteen Fitness
Agency/Institution:	YMCA of Greater Bergen County
Address:	360 Main Street, Hackensack, NJ 07601
County:	Bergen
Phone:	201-487-6600
Focus:	Educate and physically challenge people
Services:	  
Population served:	Adolescents, adults
Funded by:	Own funding
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





BERGEN COUNTY Physical Activity Programs




Program Name:	Health Ease
Agency/Institution:	Health Awareness Regional Program of Hackensack University Medical Center
Address:	25 East Salem Street, Hackensack, NJ 07601
County:	Bergen
Phone:	201-996-2038
Focus:	Promote a healthy lifestyle
Services:	  
Population served:	Seniors
Fees & Charges:	None

Program Name:	Fitness Programs
Agency/Institution:	55 Kip Center
Address:	55 Kip Avenue, Rutherford, NJ 07070
County:	Bergen
Phone:	201 460-1600
Website:	www.55kipcenter.org
Focus:	Promote the physical, emotional, spiritual and educational well-being of older adults and to facilitate their participation in all aspects of community life
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, grants, fundraising
Fees & Charges:	Yes
Other information:	Classes: aerobics, chair fitness, men's fitness, arthritis foundation exercise, dancercise, salsa, line dance, walking club, body strengthening, tai chi, and yoga. Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




BERGEN COUNTY Physical Activity Programs

Program Name:	Group Exercise Class
Agency/Institution:	Garfield YMCA
Address:	33 Outwater Lane, Garfield, NJ 07026
County:	Bergen
Phone:	973-772-7450
Website:	www.garfieldymca.com
Focus:	Teaching the core values of the YMCA through group fitness and serving the needs of the community
Services:	   
Population served:	All ages, physically challenged
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	HealthEASE Senior Wellness Fair
Agency/Institution:	County of Bergen, Division of Senior Services
Address:	One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076
County:	Bergen
Phone:	201-336-7411
Website:	www.co.bergen.nj.us
Focus:	Provide wellness information and health screenings
Services:	  
Population served:	Ages 60+, Bergen County residents
Funded by:	Federal, local, donation
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






BERGEN COUNTY Physical Activity Programs

Program Name:	HealthEASE Health Education
Agency/Institution:	County of Bergen, Division of Senior Services
Address:	One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076
County:	Bergen
Phone:	201-336-7411
Website:	www.co.bergen.nj.us
Focus:	Promote, support and sustain older adults age 60+ in living healthier, more independent lives through education and behavior change
Services:	  
Population served:	Age 60+, Bergen County residents
Funded by:	Federal, local, client donation
Fees & Charges:	None
Other information:	Program consists of six health education modules: Move Today - Exercise and Getting Fit, Nutrition - Serving Up Good Nutrition, Osteoporosis - Bone Up Your Health, Heart Health - Keeping Up the Beat, Medication Management - Be Wise About Medications, Memory - Keeping Your Mind Sharp. Program provides information for cancer patients/survivors.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)


BERGEN COUNTY Physical Activity Programs





Program Name:	HealthEASE Get Fit Program
Agency/Institution:	County of Bergen, Division of Senior Services
Address:	One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076
County:	Bergen
Phone:	201-336-7411
Website:	www.co.bergen.nj.us
Focus:	Promote active lifestyle
Services:	   
Population served:	Ages 60+, Bergen County residents
Funded by:	Federal, local, client donation
Fees & Charges:	None

Agency/Institution:	Teaneck Junior Soccer League
Address:	Post Office Box 265, Teaneck, NJ 07666
County:	Bergen
Phone:	201-837-0117
Website:	www.teanecksoccer.com
Focus:	Instill a love of soccer and promote physical activity in our students
Services:	    
Population served:	Children 4-14 years who are residents of Teaneck
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	As a youth recreation soccer league for the children of Teaneck, we offer player instruction, including the use of professional trainers, and formal coaching classes leading to national certification.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

BERGEN COUNTY Physical Activity Programs




Program Name:	Body & Soul
Agency/Institution:	American Cancer Society
Address:	20 Mercer Street, Hackensack, NJ 07601
County:	Bergen
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Promote a physically active lifestyle according to American Cancer Society guidelines to reduce cancer risk
Services:	
Population served:	Adults, work-site employees
Funded by:	Own funding, contributions
Fees & Charges:	None
Other information:	24 hour/7 days a week answer line 1-800-ACS-2345 Program has specific cancer prevention focus and provides information for cancer patients/survivors.

Program Name:	Bergen HealthEASE, Move Today
Agency/Institution:	County of Bergen, Division of Senior Services
Address:	One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076
County:	Bergen
Phone:	201-336-7411
Website:	www.co.bergen.nj.us
Focus:	Motivate older adults to move, improve flexibility and balance through non-aerobic exercise
Services:	   
Population served:	Adults, seniors, unconditioned older adults
Funded by:	Own funding and federal
Fees & Charges:	None
Other information:	As part of Bergen HealthEASE, educational seminars are also available on wellness topics including exercise.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




BERGEN COUNTY Physical Activity Programs






Program Name:	Senior Steps and Seniors in Motion
Agency/Institution:	City of Hackensack - Recreation Department
Address:	116 Holt Street, Hackensack, NJ 07601
County:	Bergen
Phone:	201-646-8042
Website:	www.hackensack.org
Other information:	Call for information on current available programs

Program Name:	Exercise class, yoga, tai-chi, arthritis exercise-arthritis foundation
Agency/Institution:	Northwest Bergen Senior Center
Address:	46-50 Center Street, Midland Park, NJ 07432
County:	Bergen
Phone:	201-445-5690
Focus:	To stay healthy
Services:	  
Population served:	Seniors
Funded by:	State, classes are free and small donation
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




BERGEN COUNTY Physical Activity Programs

Program Name:	Healthy Bones
Agency/Institution:	Paramus Board of Health
Address:	Paramus Borough Hall, Jockish Square, Paramus, NJ 07652
County:	Bergen
Phone:	201-265-2100 ext. 615
Focus:	Prevent osteoporosis
Services:	  
Population served:	Seniors, high risk seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	Healthy Bones fosters socialization and commitment to its 24-week program. The exercises are easy to learn and access to the facility is simple.

Program Name:	Senior Activities
Agency/Institution:	55 Kip Center
Address:	55 Kip Ave., Rutherford, NJ 07070
County:	Bergen
Phone:	201-460-1600
Website:	www.55kipcenter.org
Focus:	Successful aging
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, external grants, private donation, corporate sponsorship
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

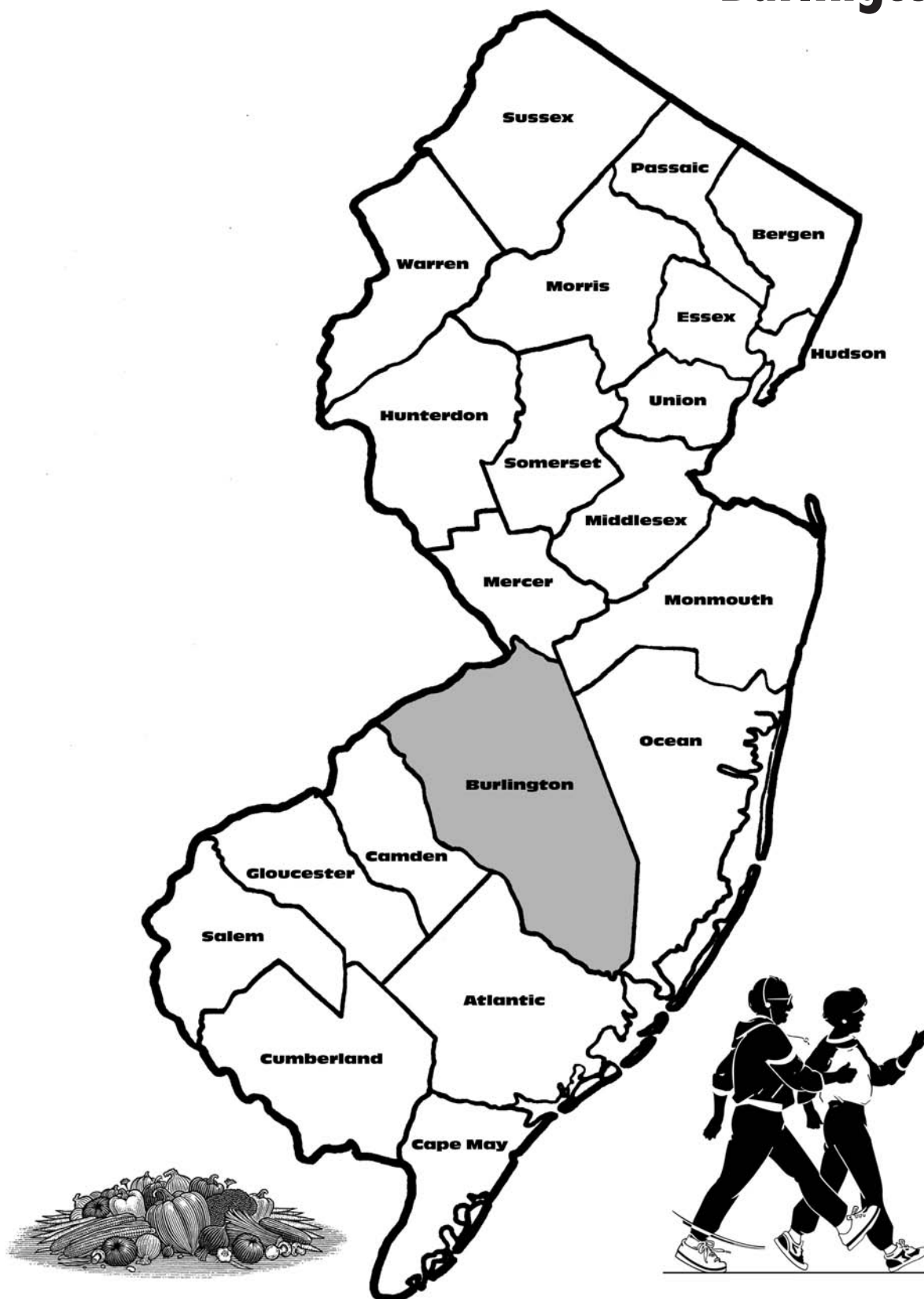
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

BERGEN COUNTY Physical Activity Programs






Agency/Institution:	Thomas J. Riley Senior Center
Address:	100 Madison Avenue, Westwood, NJ 07675
County:	Bergen
Phone:	201-666-0840
Focus:	Promote an active, independent lifestyle
Services:	  
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	We offer multiple physical activity programs such as armchair fitness, tai chi, and yoga.




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Burlington County







BURLINGTON COUNTY Nutrition Programs



Agency/Institution:	Rutgers Cooperative Extension
Address:	2 Academy Drive, Westampton, NJ 08060
County:	Burlington
Phone:	609-265-5051
Website:	www.rce.rutgers.edu
Focus:	To increase participant's ability to make more healthful food choices
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Lectures and Demonstrations
Agency/Institution:	Burlington County Health Department
Address:	15 Pioneer Blvd, Westampton, NJ 08060
County:	Burlington
Phone:	609-265-5548
Website:	www.co.burlington.nj.us/departments/health
Focus:	Promote a healthy lifestyle
Services:	  
Population served:	Adults, seniors
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





BURLINGTON COUNTY Nutrition Programs

Program Name:	Outpatient Diabetes & Nutrition Services
Agency/Institution:	Virtua Health
Address:	895 Rancocas Road, Suite 3, Mt. Holly, NJ 08088
County:	Burlington
Phone:	888-847-8823
Website:	www.virtua.org
Focus:	To optimize health and reduce risk factors for diseases such as diabetes, heart disease, hypertension, and stroke
Services:	   
Population served:	All ages, persons with diabetes
Fees & Charges:	Yes

Agency/Institution:	Township of Evesham Senior Citizen Programs
Address:	535 East Main Street, Marlton, NJ 08053
County:	Burlington
Phone:	856-985-9792
Focus:	Varies by lecture
Services:	 
Population served:	Ages 55+
Fees & Charges:	None



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



BURLINGTON COUNTY Nutrition Programs

Program Name:	Senior Nutrition Programs
Agency/Institution:	Burlington County Office on Aging
Address:	PO Box 6000, Mt Holly, NJ 08060-6000
County:	Burlington
Phone:	609-265-5069
Focus:	Provide one nutritious meal daily along with socialization
Services:	   
Population served:	Ages 60+
Funded by:	State and federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






BURLINGTON COUNTY Physical Activity Programs




Agency/Institution:	Rutgers Cooperative Extension
Address:	2 Academy Drive, Westampton, NJ 08060
County:	Burlington
Phone:	609-265-5051
Website:	www.rce.rutgers.edu
Focus:	To promote physical activity as a means for enhancing health and encouraging healthful lifestyle behaviors
Services:	 
Population served:	Adults, seniors, families
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

Program Name:	Lectures and Information
Agency/Institution:	Burlington County Health Department
Address:	15 Pioneer Blvd, Westampton, NJ 08060
County:	Burlington
Phone:	609-265-5548
Website:	www.co.burlington.nj.us/departments/health
Focus:	Lectures to promote healthy living
Services:	 
Population served:	Adults, seniors
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

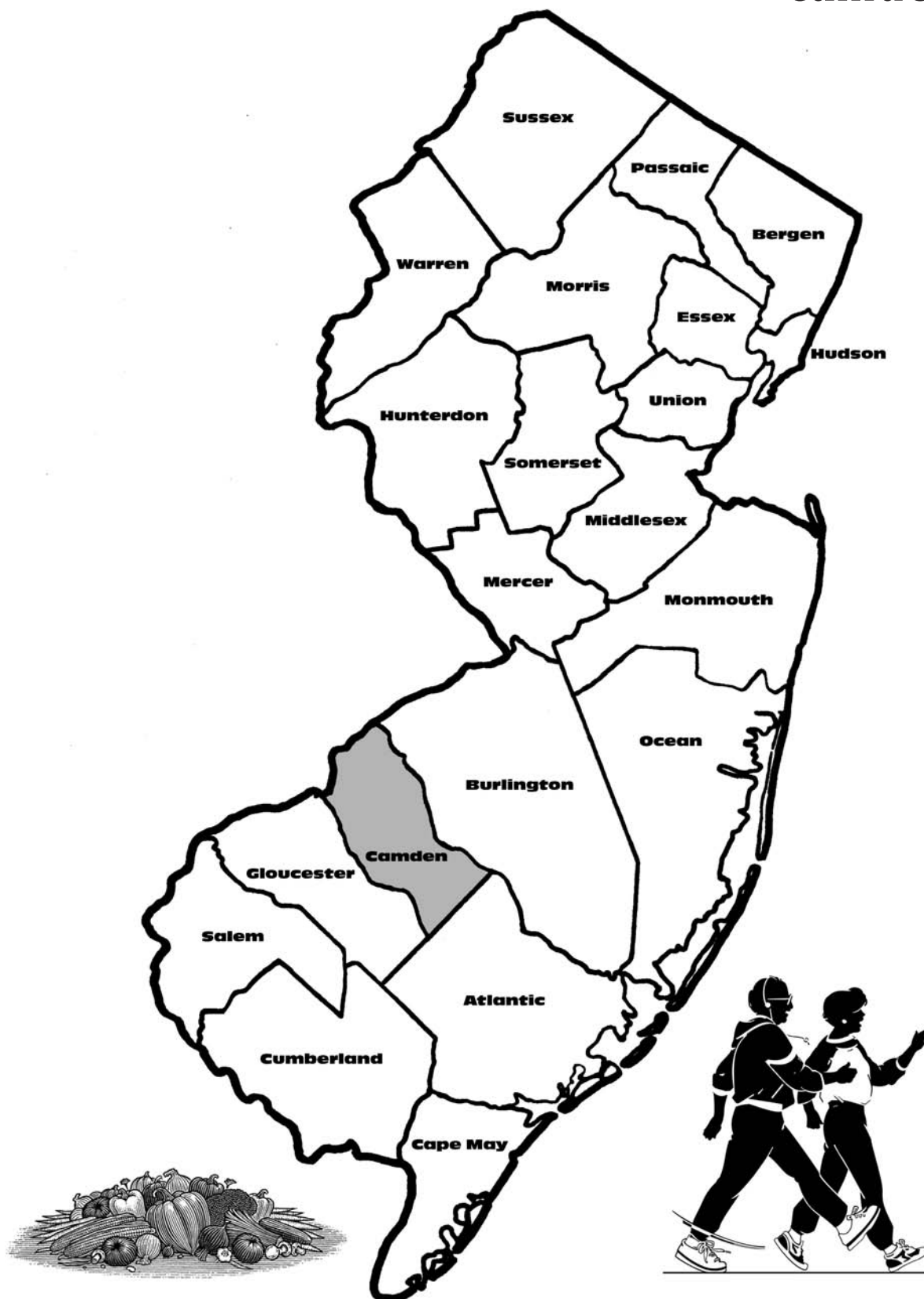
BURLINGTON COUNTY Physical Activity Programs

Program Name:	Senior Physical Fitness Program
Agency/Institution:	Burlington County Office on Aging
Address:	PO Box 6000, Mt Holly, NJ 08060-6000
County:	Burlington
Phone:	609-265-5069
Focus:	Promote an active lifestyle
Services:	    
Population served:	Ages 60+
Funded by:	State and federal
Fees & Charges:	None
Other information:	Optional lunch program provided







Agency/Institution:	Township of Evesham Senior Citizen Programs
Address:	535 East Main Street, Marlton, NJ 08053
County:	Burlington
Phone:	856-985-9792
Focus:	Increase physical and social activities, and provide entertainment and education programs
Services:	  
Population served:	Ages 55+
Fees & Charges:	Minimum charge

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Camden County







CAMDEN COUNTY Nutrition Programs

Program Name:	Camden County Annual Women's Health Conference: It's All About You
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, Lakeland Road, Blackwood, NJ 08012
County:	Camden
Phone:	856-374-6035
Focus:	Provide education for residents
Services:	     
Population served:	All Camden County residents
Funded by:	County, state
Fees & Charges:	None

Program Names:	Life Steps Weight Management, Community Wellness Lectures, Kids in Training – Weight Management for Children/Families, Nutrition Counseling, Nutrition Management for Diabetes
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Road, Voorhees, NJ 08043
County:	Offered in Camden and Gloucester Counties
Phone:	1-800-KHS-9007
Services:	We offer a variety of programs with a variety of services
Population served:	Population served vary depending on program
Fees & Charges:	Fees vary depending on program






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





CAMDEN COUNTY Nutrition Programs

Program Name:	"Get Screened Stay Healthy, Stay Alive" Cancer Initiative
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, 512 Lakeland Road, Suite 501, Camden, NJ 08012
County:	Camden
Phone:	856-374-6363
Website:	www.camdencounty.com
Focus:	Promote healthy lifestyle and the importance of healthy eating in the prevention of cancer We utilize information on how to read food labels, the food pyramid guidelines, portion distortion, healthy eating and cancer prevention.
Services:	   
Population served:	Adolescents, adults, seniors, families
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)







CAMDEN COUNTY Nutrition Programs




Agency/Institution:	Camden County Division of Senior Services and Disabled Services
Address:	700 Browning Road, Collingswood, NJ 08107
County:	Camden
Phone:	856-858-2641
Website:	www.camdencounty.com
Focus:	To provide 1/3 of the reference dietary intakes to individuals of 60 years and older through a nutritious meal.
Services:	    
Population served:	Ages 60+
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Program Name:	Camden County Nutrition Project
Agency/Institution:	The Salvation Army
Address:	915 Haddon Avenue, Camden, NJ 08103
County:	Camden
Phone:	856-338-0601
Focus:	To provide 1/3 of the recommended dietary allowances and encourage seniors to make better choices when purchasing food
Services:	   
Population served:	Ages 60+
Funded by:	Federal
Fees & Charges:	Donation

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



CAMDEN COUNTY Nutrition Programs

Program Name:	FitSmart
Agency/Institution:	Virtua Health
Address:	Suite D, 6 East Clementon Road, Gibbsboro, NJ 08026
County:	Camden
Phone:	888-847-8823
Website:	www.virtua.org
Focus:	Promote weight loss and management
Services:	     
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Health and Wellness Lecture Series
Agency/Institution:	Cooper University Hospital - Cooper for Women
Address:	3 Executive Campus, Suite 240 B South, Cherry Hill, NJ 08002
County:	Camden
Phone:	1-800-8-Cooper
Website:	www.cooperhealth.org
Focus:	Health and education resource for women
Services:	  
Population served:	Adults, seniors, families
Funded by:	Own funding
Fees & Charges:	None




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



CAMDEN COUNTY Nutrition Programs

Agency/Institution:	The Cancer Institute of New Jersey at Cooper
Address:	3 Executive Campus, Suite 240 B South, Cherry Hill, NJ 08002
County:	Camden
Phone:	1-800-8-Cooper
Website:	www.cooperhealth.org
Focus:	Caring for yourself after cancer
Services:	 
Population served:	Adults, seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




CAMDEN COUNTY Physical Activity Programs






Program Name:	Quarterly Lectures
Agency/Institution:	Camden County Division of Senior and Disabled Services
Address:	700 Browning Road, Suite 11, West Collingswood, NJ 08108
County:	Camden
Phone:	856-858-2641
Services:	  
Population served:	Seniors
Fees & Charges:	None

Program Name:	Dr. Diane Barton Complementary Medicine Program
Agency/Institution:	The Cancer Institute of New Jersey at Cooper
Address:	3 Executive Campus, Suite 240 B South, Cherry Hill, NJ 08002
County:	Camden
Phone:	1-800-8-Cooper
Website:	www.cooperhealth.org
Focus:	Promote wellness for cancer patients
Services:	 
Population served:	Adults, seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





CAMDEN COUNTY Physical Activity Programs




Program Name:	Fitness Classes
Agency/Institution:	Cooper University Hospital- Cooper for Women
Address:	3 Executive Campus, Suite 240 B South, Cherry Hill, NJ 08002
County:	Camden
Phone:	1-800-8-Cooper
Website:	www.cooperhealth.org
Focus:	Promoting health for women
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Classes include yoga, pilates and arthritis exercise

Program Name:	Moving On
Agency/Institution:	Virtua Health
Address:	6 East Clementon Road Suite F-1, Gibbsboro, NJ 08026
County:	Camden
Phone:	856-248-6618
Website:	www.virtua.org
Focus:	To build muscle mass and strength and to increase flexibility and endurance
Services:	    
Population served:	All ages
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






CAMDEN COUNTY Physical Activity Programs

Program Name:	"Get Screened, Stay Healthy, Stay Alive" Cancer Initiative
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, 512 Lakeland Road, Suite 501, Camden, NJ 08012
County:	Camden
Phone:	856-374-6363
Website:	www.camdencounty.com
Focus:	To promote healthy lifestyle, the importance of physical activity as part of cancer prevention, and the importance of physical activity for mental & physical well-being
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None

Program Name:	Camden County Nutrition Project
Agency/Institution:	The Salvation Army
Address:	915 Haddon Avenue, Camden, NJ 08103
County:	Camden
Phone:	856-338-0601
Focus:	Promote physical activity and lifestyle changes Enhance quality of life
Services:	  
Population served:	Ages 60+
Funded by:	Participants pay for their own bowling. Line dancing is done by an outside group.
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





CAMDEN COUNTY Physical Activity Programs

Program Name:	William G. Rohrer Center for HealthFitness
Agency/Institution:	Virtua Health
Address:	Suite D, 6 East Clementon Road, Gibbsboro, NJ 08026
County:	Camden
Phone:	888-847-8823
Website:	www.virtua.org
Focus:	Promote physical fitness
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Names:	Aerobics, Pilates, Yoga, Tai Chi, Ballroom and Latin Dancing, Arthritis Aquatic, Gentle Yoga for Adults 60+
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Road, Voorhees, NJ 08043
County:	Camden
Phone:	1-800-KHS-9007
Website:	www.kennedyhealth.org
Services:	We offer a variety of programs with a variety of services.
Population served:	Population served varies depending on program
Fees & Charges:	Fees vary depending on program

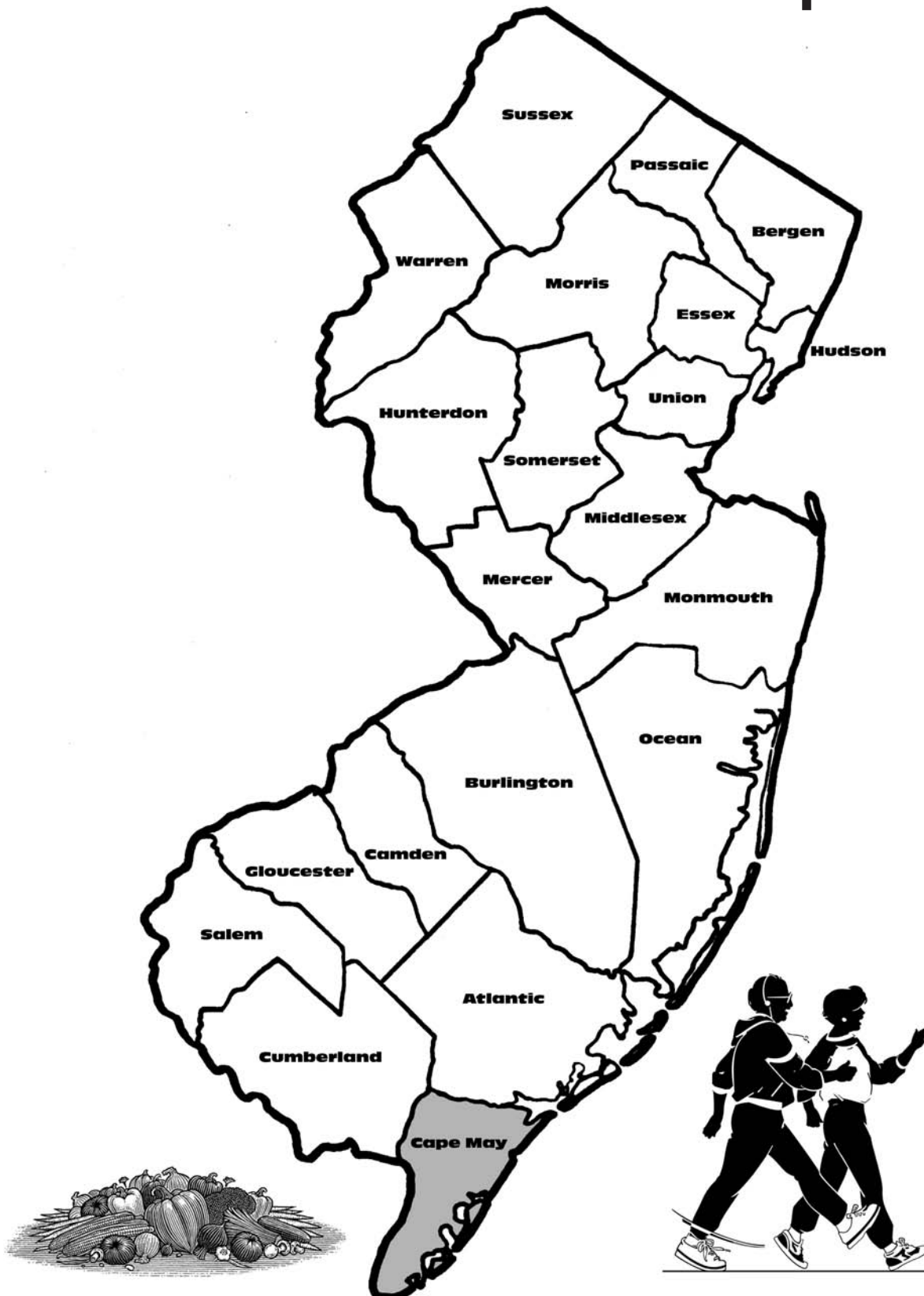
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

CAMDEN COUNTY Physical Activity Programs





Program Name:	Camden County Annual Women's Health Conference: It's All About You
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, Lakeland Road, Blackwood, NJ 08012
County:	Camden
Phone:	856-374-6035
Focus:	Provide education for residents
Services:	   
Population served:	All Camden County residents
Funded by:	County, state
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Cape May County

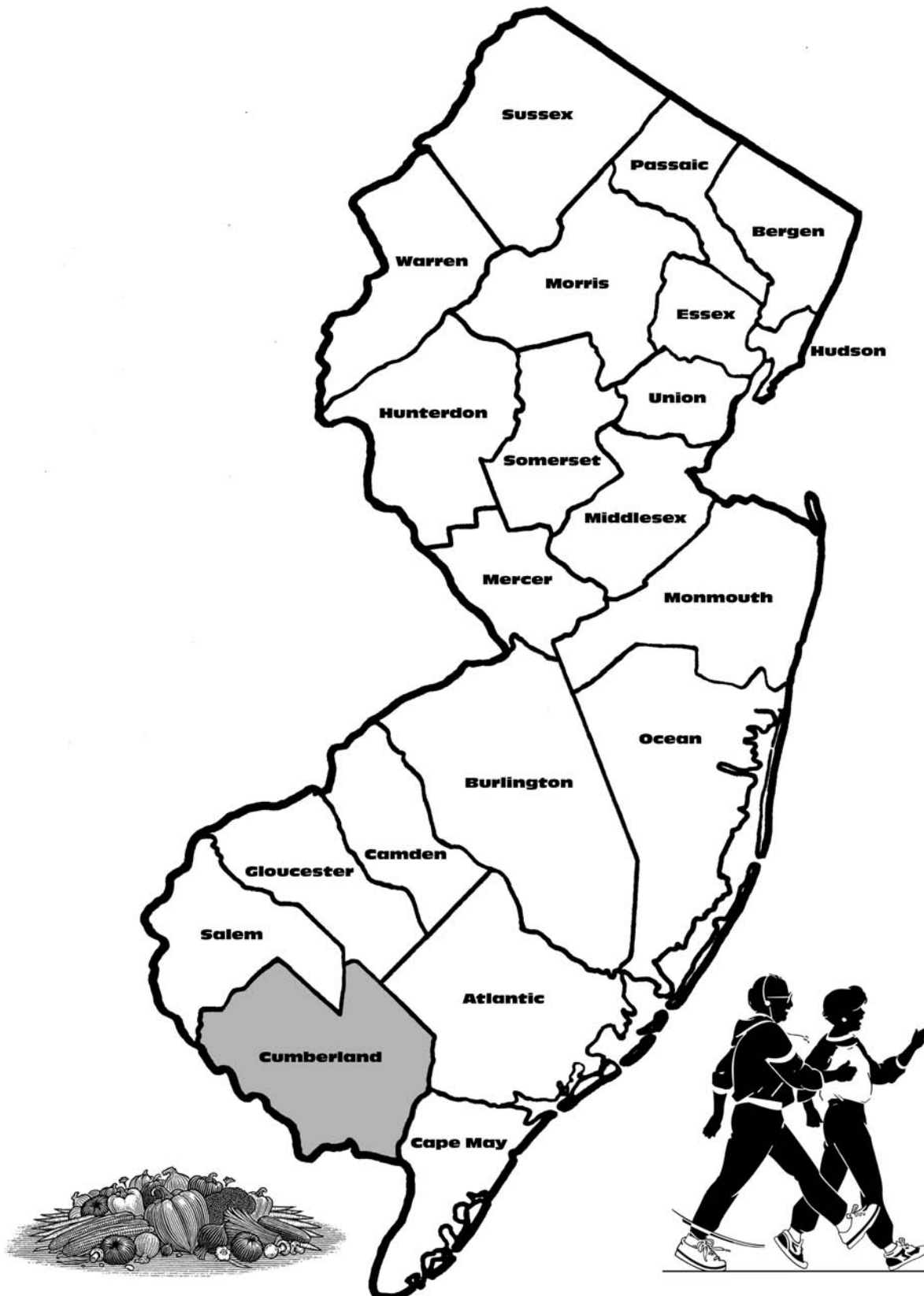


CAPE MAY COUNTY Physical Activity Programs




Program Name:	Sit and Be Fit
Agency/Institution:	Avalon Recreation
Address:	3100 Dune Drive, Avalon, NJ 08202
County:	Cape May
Phone:	609-967-3066
Website:	www.avalonboro.org
Services:	   
Population served:	Elderly, adults, seniors
Funded by:	Own funding
Fees & Charges:	None





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Cumberland County





CUMBERLAND COUNTY Nutrition Programs

Program Name:	Nutrition Program
Agency/Institution:	Vineland Health Department
Address:	18 North East Avenue, PO Box 1508, Vineland, NJ 08362-1508
County:	Cumberland
Phone:	856-794-4131
Focus:	Teach lessons on ways to eat out and make healthy choices
Services:	  
Population served:	Children
Funded by:	State
Fees & Charges:	None

Program Name:	County Nutrition Program
Agency/Institution:	Cumberland County Office on Aging and Disabled
Address:	790 E. Commerce St., Bridgeton, NJ 08332
County:	Cumberland
Phone:	856-453-2220
Focus:	Encourage good nutritional habits and information
Services:	   
Population served:	Adults, seniors
Funded by:	Federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



CUMBERLAND COUNTY Nutrition Programs

Agency/Institution:	Edgar Joyce Senior Center of Upper Deerfield Twp.
Address:	P.O. Box 5098, Seabrook, NJ 08302
County:	Cumberland
Phone:	856-451-5649
Focus:	To provide at least one complete nutritious meal a day
Services:	 
Population served:	Ages 60+
Funded by:	Federal
Fees & Charges:	None, donation



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





CUMBERLAND COUNTY Physical Activity Programs

Program Name:	Healthy Bones
Agency/Institution:	Cumberland County Office on Aging and Disabled
Address:	790 E. Commerce St., Bridgeton, NJ 08302
County:	Cumberland
Phone:	856-453-2220
Focus:	Promote healthy exercise and prevent osteoporosis
Services:	   
Population served:	Adults, seniors
Funded by:	Grants
Fees & Charges:	None
Other information:	Train the trainer physical fitness classes and country line dancing Program provides information for cancer patients/survivors

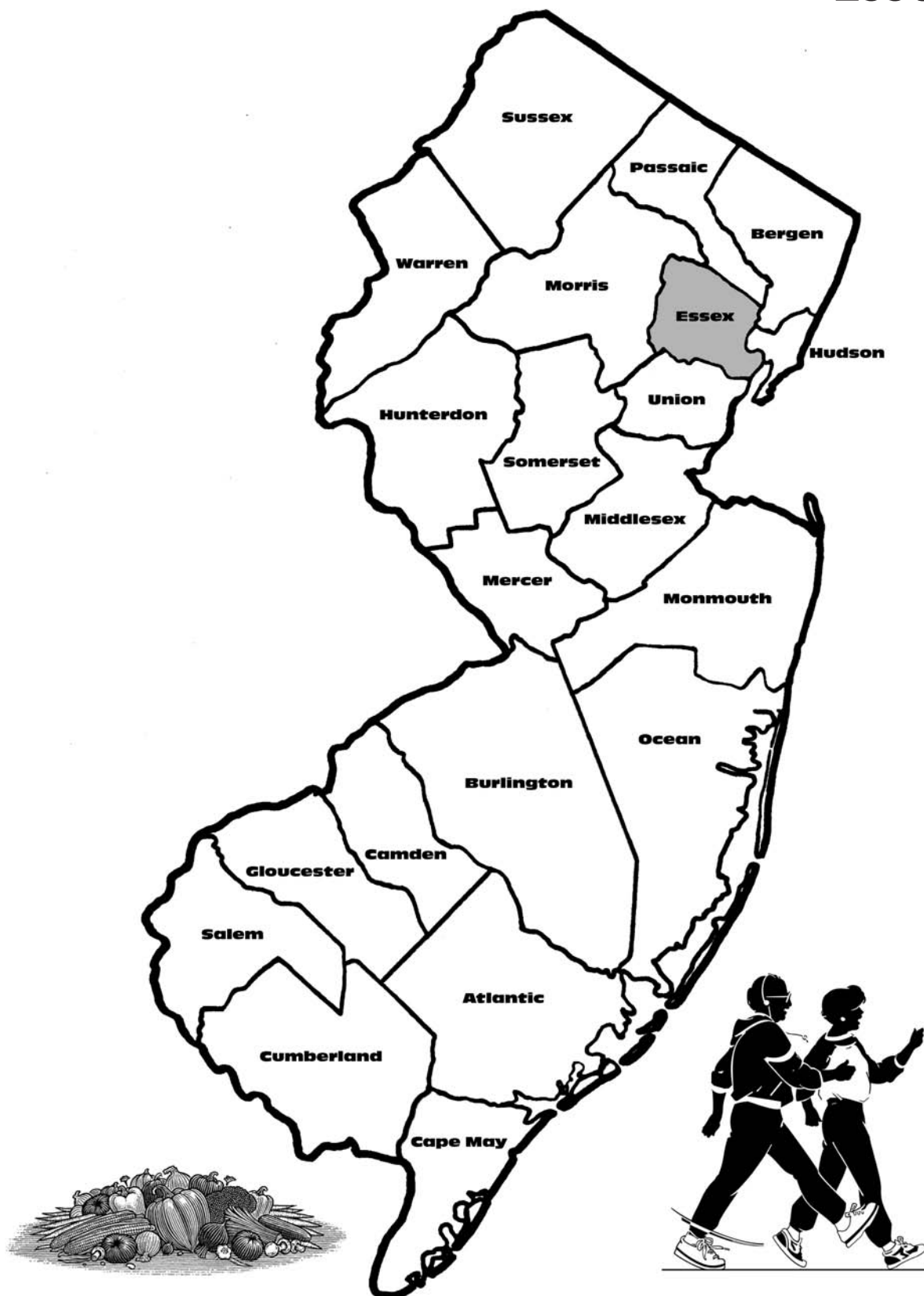
Program Name:	Cardiovascular Health Presentations including Nutrition and Physical Activity information
Agency/Institution:	Cumberland County Health Department
Address:	790 East Commerce Street, Bridgeton, NJ 08302
County:	Cumberland
Phone:	856-453-2150
Website:	www.cshealth.org
Focus:	Educate individuals on how to achieve healthier lifestyles
Services:	 
Population served:	All ages
Funded by:	Local, county
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

CUMBERLAND COUNTY Physical Activity Programs







Program Name:	Vineland PaceSetters
Agency/Institution:	Vineland Department of Health
Address:	640 E. Wood Street, Vineland, NJ 08362
County:	Cumberland
Phone:	856-794-4000
Website:	www.vinelandcity.org/nursing
Focus:	Promote healthy living
Services:	 
Population served:	Ages 50+
Funded by:	Grants, state
Fees & Charges:	None






Agency/Institution:	Edgar Joyce Senior Center of Upper Deerfield Twp.
Address:	P.O. Box 5088, Seabrook, NJ 08302
County:	Cumberland
Phone:	856-451-5649
Focus:	Enhance the quality of life and keep our seniors active
Services:	   
Population served:	Ages 60+
Funded by:	Own funding, grants
Fees & Charges:	None, donations
Other information:	Programs provides information for cancer patients/survivors

Essex County





ESSEX COUNTY Nutrition Programs



Agency/Institution:	Mountainside Hospital
Address:	1 Bay Ave., Montclair, NJ 07042
County:	Essex
Phone:	973-429-6000
Website:	www.atlantichealth.org
Focus:	Healthy eating habits
Services:	     
Population served:	All ages
Funded by:	Own funding
Other information:	We offer various programs throughout the year

Program Name:	Nutrition Counseling
Agency/Institution:	YMCA-WEST ESSEX
Address:	321 South Livingston Avenue, Livingston, NJ 07039
County:	Essex
Phone:	973-992-7500
Focus:	Healthy eating habits
Services:	    
Population served:	All ages
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





ESSEX COUNTY Nutrition Programs

Agency/Institution:	City of East Orange Division of Senior Services
Address:	7 Glenwood Avenue, East Orange, New Jersey 07017
County:	Essex
Phone:	973-266-8832
Services:	 
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	We hold an annual seminar on healthy eating at the Senior Conference.

Program Name:	Summer Breakfast/Lunch Program for school age children, Daily Soup Kitchen
Agency/Institution:	Irvington Neighborhood Improvement Corporation
Address:	346 16th Avenue, Irvington, NJ 07111
County:	Essex
Phone:	973-416-0909
Website:	www.irvington.net
Services:	 
Population served:	All ages
Funded by:	State
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




ESSEX COUNTY Nutrition Programs

Program Name:	Essex County Kosher Nutrition Program
Agency/Institution:	Jewish Senior Citizens of Irvington
Address:	1 Linden Avenue, Irvington, NJ 07111
County:	Essex
Phone:	973-372-3907
Focus:	To provide a healthy meal for seniors who for the most part live alone and probably do not care for themselves or find shopping and food preparation difficult
Services:	   
Population served:	Seniors
Funded by:	Essex County Division on Aging
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





ESSEX COUNTY Physical Activity Programs






Program Name:	South Orange Senior Steppers
Agency/Institution:	South Orange Department of Health
Address:	101 South Orange Avenue, South Orange, NJ 07079
County:	Essex
Phone:	973-378-7715 ext. 7710
Focus:	Promote a healthy lifestyle and decrease osteoporosis and other diseases
Services:	   
Population served:	Residents ages 55+
Funded by:	Own funding
Fees & Charges:	None

Agency/Institution:	City of East Orange Division of Senior Services
Address:	7 Glenwood Avenue, East Orange, New Jersey 07017
County:	Essex
Phone:	973-266-8832
Focus:	Promote an active lifestyle
Services:	   bowling
Population served:	Seniors, disabled
Funded by:	Own funding
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




ESSEX COUNTY Physical Activity Programs

Program Name:	Nutrition and fitness
Agency/Institution:	YMCA-WEST ESSEX
Address:	321 South Livingston Ave., Livingston, NJ 07039
County:	Essex
Phone:	973-992-7500
Focus:	Promote an active lifestyle
Services:	   
Population served:	All
Funded by:	Own funding, grants
Fees & Charges:	Yes

Program Name:	Cardiac Rehab and Physical Therapy
Agency/Institution:	Mountainside Hospital
Address:	1 Bay Ave., Montclair, NJ 07042
County:	Essex
Phone:	973-429-6000
Website:	www.atlantichealth.org
Focus:	Promote an active lifestyle
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

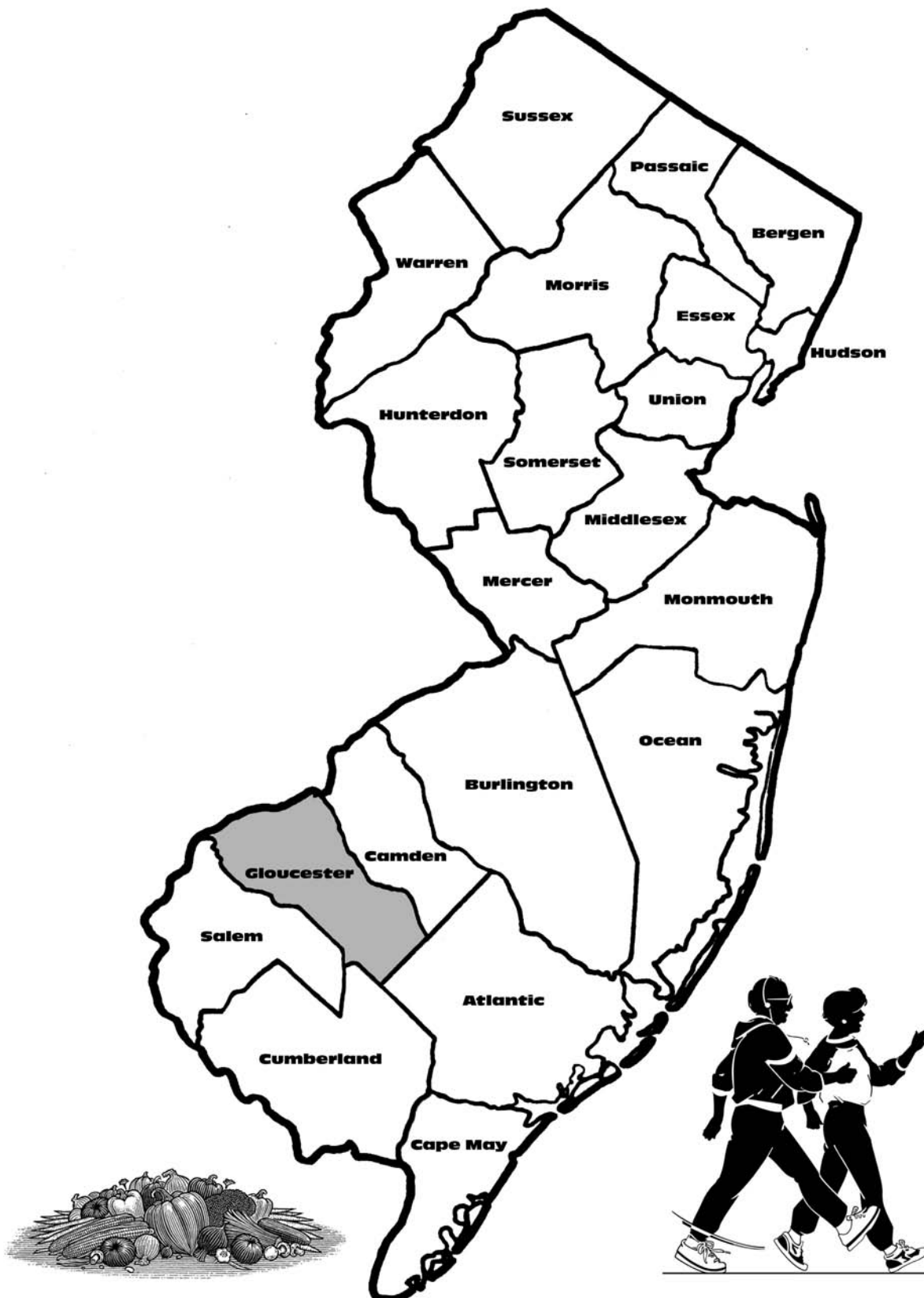
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

ESSEX COUNTY Physical Activity Programs





Agency/Institution:	Jewish Senior Citizens of Irvington
Address:	1 Linden Ave., Irvington, NJ 07111
County:	Essex
Phone:	973-372-3907
Focus:	To help seniors stay healthy and provide socialization
Services:	  
Population served:	Seniors
Funded by:	Own funding, local county college, National Council of Jewish Women
Fees & Charges:	Yes






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Gloucester County








GLOUCESTER COUNTY Nutrition Programs




Program Name:	Congregate and Home Delivered Meals for Seniors
Agency/Institution:	Gloucester County Division of Senior Services
Address:	211 County House Road, Sewell, NJ 08080
County:	Gloucester
Phone:	856-232-4646
Website:	www.co.gloucester.nj.us
Focus:	To provide seniors with a daily nutritious meal
Services:	   
Population served:	Ages 60+
Funded by:	Own funding, state, federal, Title III voluntary client donations
Fees & Charges:	None

Program Name:	Gloucester County/Glassboro Senior Center
Agency/Institution:	Gloucester County Division of Senior Services
Address:	211 County House Rd, Sewell, NJ 08080
County:	Gloucester
Phone:	856-232-4646
Focus:	To make sure seniors are eating a well-balanced meal
Services:	    
Population served:	Seniors
Funded by:	Own funding, state, federal
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

GLOUCESTER COUNTY Nutrition Programs

Program Name:	Senior Nutrition Program
Agency/Institution:	Gloucester County Department of Health and Senior Services
Address:	160 Fries Mill Road, Turnersville, NJ 08012
County:	Gloucester
Phone:	856-262-4101
Website:	www.co.gloucester.nj.us
Focus:	Increase intake of nutrient dense foods
Services:	    
Population served:	Seniors
Funded by:	State
Fees & Charges:	None

Agency/Institution:	Fam Care Inc.
Address:	711 N. Main Street, Glassboro, NJ 08028
County:	Gloucester
Phone:	856-881-9531
Focus:	Healthy eating
Services:	  
Population served:	All ages
Fees & Charges:	None






Key:  Education Materials
  Workshops/Classes
  Program Evaluation
  Counseling
 Equipment or Facilities for Fitness
  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

GLOUCESTER COUNTY Nutrition Programs

Program Names:	Lifesteps Weight Management, Community Wellness Lectures, Kids in Training – Weight Management for Children/Families, Nutrition Counseling, Nutrition Management for Diabetes, Nutrition Counseling for Cancer Patients
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Road, Voorhees, NJ 08043
County:	Gloucester
Phone:	1-800-KHS-9007
Website:	www.kennedyhealth.org
Services:	We offer a variety of programs with a variety of services.
Population served:	Population served vary depending on program
Fees & Charges:	Fees vary depending on program






Key:
 Education Materials
  Workshops/Classes
  Program Evaluation
  Counseling
 Equipment or Facilities for Fitness
  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






GLOUCESTER COUNTY Physical Activity Programs

Program Name:	Senior Health Connection, RSVP Wellness Program, Glassboro Parks & Recreation Aid to Municipal Centers
Agency/Institution:	Gloucester County Division of Senior Services
Address:	211 County House Road, Sewell, NJ 08080
County:	Gloucester
Phone:	856-232-4646
Website:	www.co.gloucester.nj.us
Focus:	To promote and maintain healthful aging among the senior population of Gloucester County
Services:	    
Population served:	Ages 60+
Funded by:	Own funding, grants, state, federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



GLOUCESTER COUNTY Physical Activity Programs

Program Name:	Arthritis Exercise Program, Step by Step Walking for Seniors, Families on the Move
Agency/Institution:	Gloucester County Department of Health and Senior Services
Address:	160 Fries Mill Road, Turnersville, NJ 08012
County:	Gloucester
Phone:	856-262-4101
Website:	www.co.gloucester.nj.us
Focus:	Promote an active lifestyle
Services:	    
Population served:	All ages
Funded by:	Own funding, state, grants
Fees & Charges:	None
Other information:	Health fairs, worksite wellness programs and the Annual Gloucester County Women's Health Summit (health fair, health education workshops, screenings) Program provides specific cancer prevention focus and information for cancer patients/survivors

Program Name:	Chair aerobics, walking trail, healthy bones
Agency/Institution:	Gloucester County Nutrition Program
Address:	211 County House Rd, Sewell, NJ 08080
County:	Gloucester
Phone:	856-232-4646
Focus:	Socialization, active lifestyle, balanced meals
Services:	    
Population served:	Seniors
Funded by:	State, federal, grants
Fees & Charges:	None

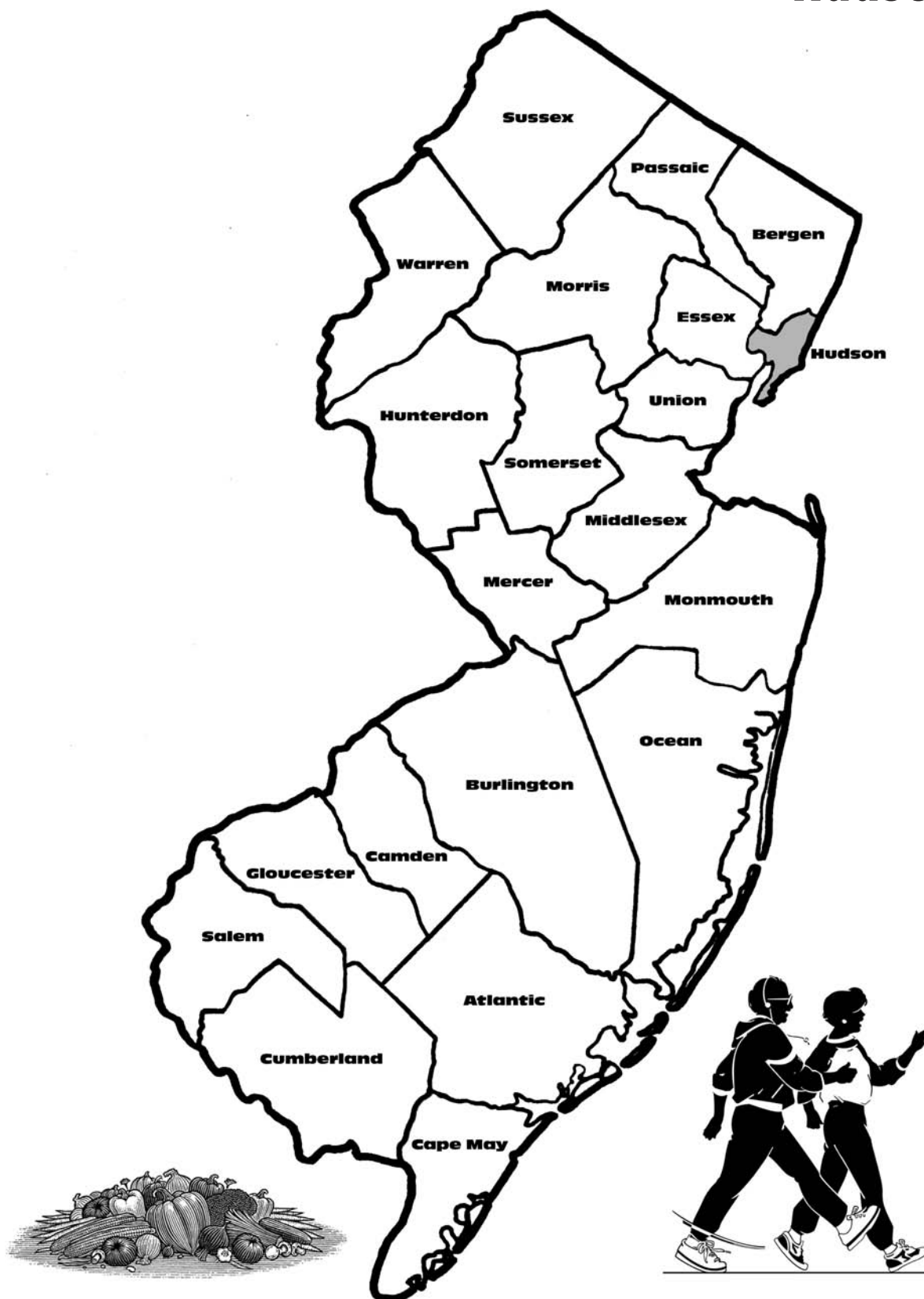
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  Workshops/Classes
  Program Evaluation
  Counseling
 Equipment or Facilities for Fitness
  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

GLOUCESTER COUNTY Physical Activity Programs




Program Names:	Gentle Yoga for Adults 60+, Yoga for Cancer Patients
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Road, Voorhees, NJ 08043
County:	Gloucester
Phone:	1-800-KHS-9007
Website:	www.kennedyhealth.org
Services:	 
Population served:	Population served vary depending on program
Fees & Charges:	Fees vary depending on program



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Hudson County







HUDSON COUNTY Nutrition Programs

Program Name:	Una Vida Sana y Activa
Agency/Institution:	Union City Spanish Seventh Day Adventist Church
Address:	19-08 Kerrigan Ave., Union City, NJ 07087
County:	Hudson
Phone:	201-226-9413
Website:	www.tuministerio.com/USNJSADADVIHADU/
Focus:	Encourage participants to adopt a healthy diet and lifestyle to enjoy a better quality of life and prevent chronic diseases
Services:	  
Population served:	Targets Hispanics, all ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors






Agency/Institution:	Hoboken Family Planning, Inc.
Address:	124 Grand Street, Hoboken, NJ 07030
County:	Hudson
Phone:	201-963-0300
Website:	http://sex-ed101.com
Focus:	To continue to strive toward the provision of better services and expanding our services in the areas of counseling and education
Services:	 
Other information:	Referral and information only to promote healthy diets

HUDSON COUNTY Physical Activity Programs

Program Name:	Una Vida Sana y Activa
Agency/Institution:	Union City Spanish Seventh Day Adventist Church
Address:	19-08 Kerrigan Ave., Union City, NJ 07087
County:	Hudson
Phone:	201-226-9413
Website:	www.tuministerio.com/USNJSADADVIHADU/
Focus:	Encourage participants to lead an active and healthy lifestyle through: classes of exercise, nutrition and healthy cooking to prevent chronic diseases and to enjoy life
Services:	   
Population served:	Targets Hispanics, all ages
Funded by:	Own funding
Fees & Charges:	None

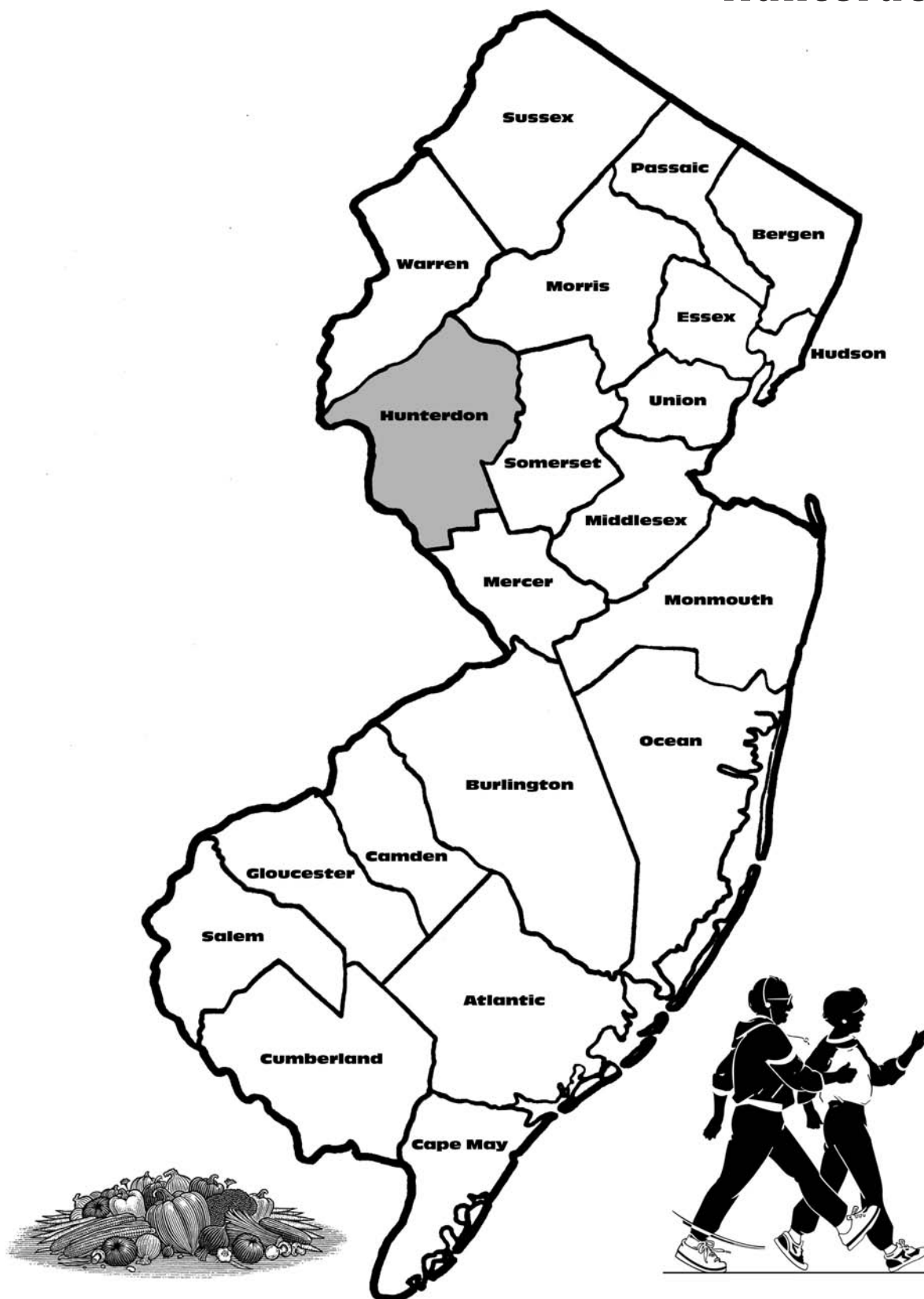
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HUDSON COUNTY Physical Activity Programs




Program Name:	Activate America and fitness programs for youth and adults
Agency/Institution:	Hoboken-North Hudson YMCA
Address:	1301 Washington Street, Hoboken, NJ 07030
County:	Hudson
Phone:	201-963-4100
Website:	www.HobokenYMCA.org
Focus:	To encourage the growth and development of all people in the spirit, mind and body
Services:	    
Population served:	All ages
Fees & Charges:	Yes
Other information:	YMCA participates in the annual YMCA Healthy Kids Day and hosts 2 Active Older Adult Health Fairs. The YMCA incorporates fitness and nutrition in the after school and the summer day camp program offered at the YMCA. In addition, our YMCA is in the Silver Sneakers network serving the senior citizens in our community who want to stay active through fitness.




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
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Hunterdon County







HUNTERDON COUNTY Nutrition Programs





Program Name:	Healthy Bones
Agency/Institution:	Senior Health Services
Address:	Box 2900, Flemington, NJ 08559
County:	Hunterdon
Phone:	908-284-6128
Website:	www.hunterdoncounty.com
Focus:	General good eating habits
Services:	  
Population served:	Seniors
Funded by:	Own funding, donated time
Fees & Charges:	None

Program Name:	Shapedown Children's Weight Management Program
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	To promote healthy eating and to increase physical activity for the patient and family for weight management
Services:	  
Population served:	Children ages 6-18, families
Funded by:	Own funding

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Lighten Up Hunterdon
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	Promote healthy eating using the food pyramid as a foundation and to address behavior change surrounding binge eating, common barriers to weight loss and physical activity, and to provide support for patients
Services:	   
Population served:	Ages 18 and over
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Weigh to Go
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6130
Website:	www.hmc diabetes.org / www.hunterdonhealthcare.org
Focus:	To promote healthy eating and to increase physical activity for the patient and family for weight management
Services:	   
Population served:	Children ages 10-14, families
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Exercise component provided by the Deerpath YMCA




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Steps to Healthy Bones
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Learn key steps to preventing osteoporosis through nutrition knowledge
Services:	  
Population served:	Adults, seniors
Funded by:	State, county
Fees & Charges:	None
Other information:	Label reading

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





HUNTERDON COUNTY Nutrition Programs




Program Name:	NJ School Wellness Policy Overview
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Increase awareness of requirements of NJ School Wellness Policy, learn skills for making healthier food choices, and discuss ways that school personnel and parents can work together to support healthier lifestyle choices, including nutrition and exercise
Services:	  
Population served:	Children, adolescents, adults, families
Funded by:	State, county
Fees & Charges:	None
Other information:	Label reading, healthy food choices

Program Name:	General Programs/Seminars on Healthy Eating/Nutrition/Obesity Prevention
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family & Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Programs can be geared to any topic of interest, for example, increasing fruit/vegetable intake in children, reading labels to make lower fat food choices, steps to cutting calories, etc.
Services:	  
Population served:	All ages
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Program Name:	Nutrition counseling
Agency/Institution:	Hunterdon County YMCA
Address:	144 W. Woodschurch Road, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-782-1044
Website:	www.hcymca.org
Focus:	Make healthier choices, decrease caloric intake, exercise more, and heighten the awareness that obesity is on the rise throughout the country
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Home Health Services
Agency/Institution:	Hunterdon Medical Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-6100
Focus:	To screen and identify nutrition problems in the homecare population
Services:	  
Population served:	Adults, seniors
Fees & Charges:	None






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HUNTERDON COUNTY Nutrition Programs

Program Name:	Food Stamp Nutrition Education Program of Hunterdon County
Agency/Institution:	Rutgers Cooperative Extension of Hunterdon County-Family and Community Health Services
Address:	PO Box 2900, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-788-1342
Website:	www.co.hunterdon.nj.us/depts/rutgers/fcs.htm
Focus:	Assisting those on food stamps to make healthier food choices consistent with the dietary guidelines for Americans and the food guide pyramid
Services:	  
Population served:	Food stamp eligible residents
Funded by:	Federal
Fees & Charges:	None
Other information:	Label reading, behaviorally focused nutrition lessons






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




HUNTERDON COUNTY Nutrition Programs

Agency/Institution:	Hunterdon Regional Cancer Center
Address:	2100 Wescott Drive, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-237-5496
Website:	www.hunterdonhealthcare.org/services/cancer_care/cancer.asp
Focus:	Healthy eating practices, increase fruit and vegetable intake, weight maintenance, and adequate hydration
Services:	    
Population served:	Adults, seniors, families
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

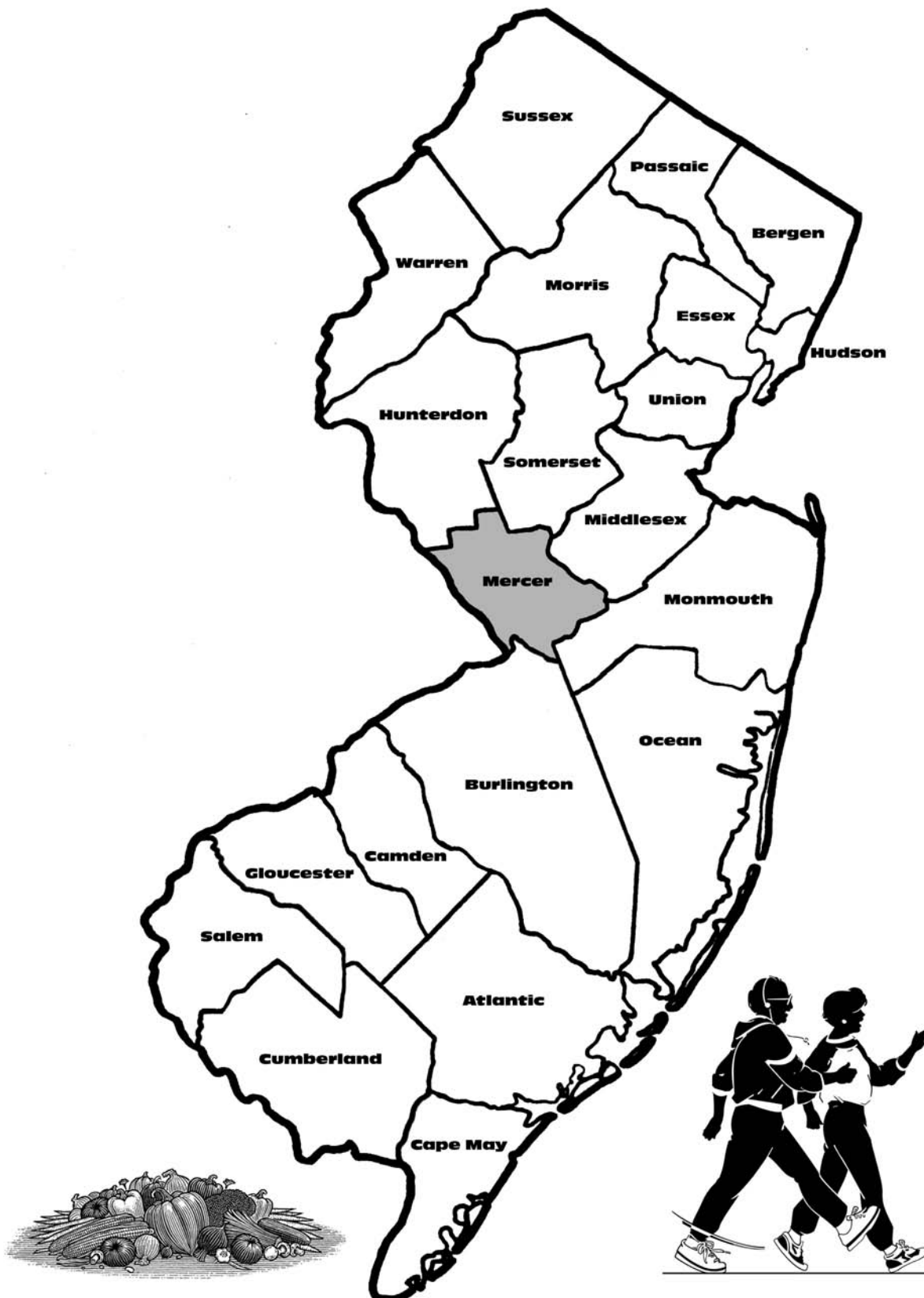
HUNTERDON COUNTY Physical Activity Programs

Agency/Institution:	Hunterdon County YMCA
Address:	144 W. Woodschurch Road, Flemington, NJ 08822
County:	Hunterdon
Phone:	908-782-1044
Website:	www.hcymca.org
Focus:	The YMCA promotes healthy lifestyles for individuals and families so that they may build mind, body and spirit.
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state
Fees & Charges:	Yes




Program Name:	Senior Health Services
Agency/Institution:	Division of Senior Services
Address:	Box 2900, Flemington, NJ 08559
County:	Hunterdon
Phone:	908-284-6128
Website:	www.hunterdoncounty.com
Focus:	Provide classes and activities that will lead to improved daily independent living
Services:	  
Population served:	Ages 60+ in Hunterdon County
Funded by:	Own funding, grants, state
Fees & Charges:	Yes
Other information:	Flexibility and range of motion classes: tai chi, yoga, chair yoga, dance-tap and line, square, ballroom, low impact aerobics Healthy Bones Move Today recreational activities i.e. bocce, bowling, walking



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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Mercer County









MERCER COUNTY Nutrition Programs

Program Name:	Community Gardening Program
Agency/Institution:	Isles, Inc.
Address:	10 Wood Street, Trenton, NJ 08618
County:	Mercer
Phone:	609-341-4700
Website:	www.isles.org
Focus:	Increase fruit and vegetable intake, exercise, open space improvement
Services:	  
Population served:	Adults, seniors, families
Funded by:	Grants
Fees & Charges:	None

Program Name:	Meals On Wheels
Agency/Institution:	Mobile Meals of Trenton/Ewing
Address:	546 Bellevue Avenue, Trenton, NJ 08618
County:	Mercer
Phone:	609-695-3483
Focus:	Increased nutrition and ability for our homebound clients to remain living as independently as possible in their own residences
Services:	 
Population served:	Homebound, adults and seniors
Funded by:	Grants, states, federal, client contributions, individual donations, United Way support, etc
Fees & Charges:	Yes
Other information:	Our meals on wheels program provides nutritious meals which are certified by a registered dietician to provide 1/3 of the recommended dietary allowances. Our meals are low in sodium and suitable for individuals with diabetes.





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)







MERCER COUNTY Nutrition Programs

Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street - PO Box 8068, Trenton, NJ 08650-0068
County:	Mercer
Phone:	609-989-6650
Website:	www.mercercounty.org
Focus:	To give the seniors general knowledge of the benefits of healthy food choices and nutrition and how this knowledge affects well-being and lifestyles as we age
Services:	     
Population served:	Ages 60+ or to their spouses regardless of age
Funded by:	State, federal, county
Fees & Charges:	None, suggested donation
Other information:	Services also include farmers market voucher and monthly promotions. Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






MERCER COUNTY Nutrition Programs

Program Name:	Nutrition Department
Agency/Institution:	University Medical Center at Princeton
Address:	253 Witherspoon Ave, Princeton, NJ 08540
County:	Mercer
Phone:	609-497-4251
Focus:	Reduce risks for comorbidities such as heart disease and diabetes with a focus on exercise and nutrition interventions
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

Program Name:	A Natural New You
Agency/Institution:	Wild Oats of Princeton
Address:	255 Nassau Street, Princeton, NJ 08540
County:	Mercer
Phone:	609-924-4993
Website:	www.wildoats.com
Focus:	Teach the community about eating natural and organically along with the 5 A Day
Services:	     
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors






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MERCER COUNTY Physical Activity Programs

Program Name:	Walking Club, Community Health Challenge
Agency/Institution:	Wild Oats of Princeton
Address:	255 Nassau Street, Princeton, NJ 08540
County:	Mercer
Phone:	609-924-4993
Website:	www.wildoats.com
Focus:	Promote health & wellness for the community and surrounding areas by educating and creating opportunities for individuals to use all of the tools that are available to them from Wild Oats of Princeton
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




MERCER COUNTY Physical Activity Programs

Program Name:	Henry J. Austin Health Center Inc. - Senior Health Promotion Program
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street, P. O. Box 8068, Trenton, NJ 08650
County:	Mercer
Phone:	609-989-6665
Website:	www.mercercounty.org
Focus:	<p>To provide medical education and information in an inviting environment to a medically or educationally underserved clientele in need of this specific assistance</p> <p>The goal is to provide information/education and identify individuals in need of this assistance, including a means for treatment direction whenever possible, thereby enabling the client to become more health conscious and to actively pursue this awareness in their daily lives.</p>
Services:	    
Population served:	The Older American's Act target populations: Ages 60+, low income, vulnerable, disabled, minorities
Funded by:	Federal
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
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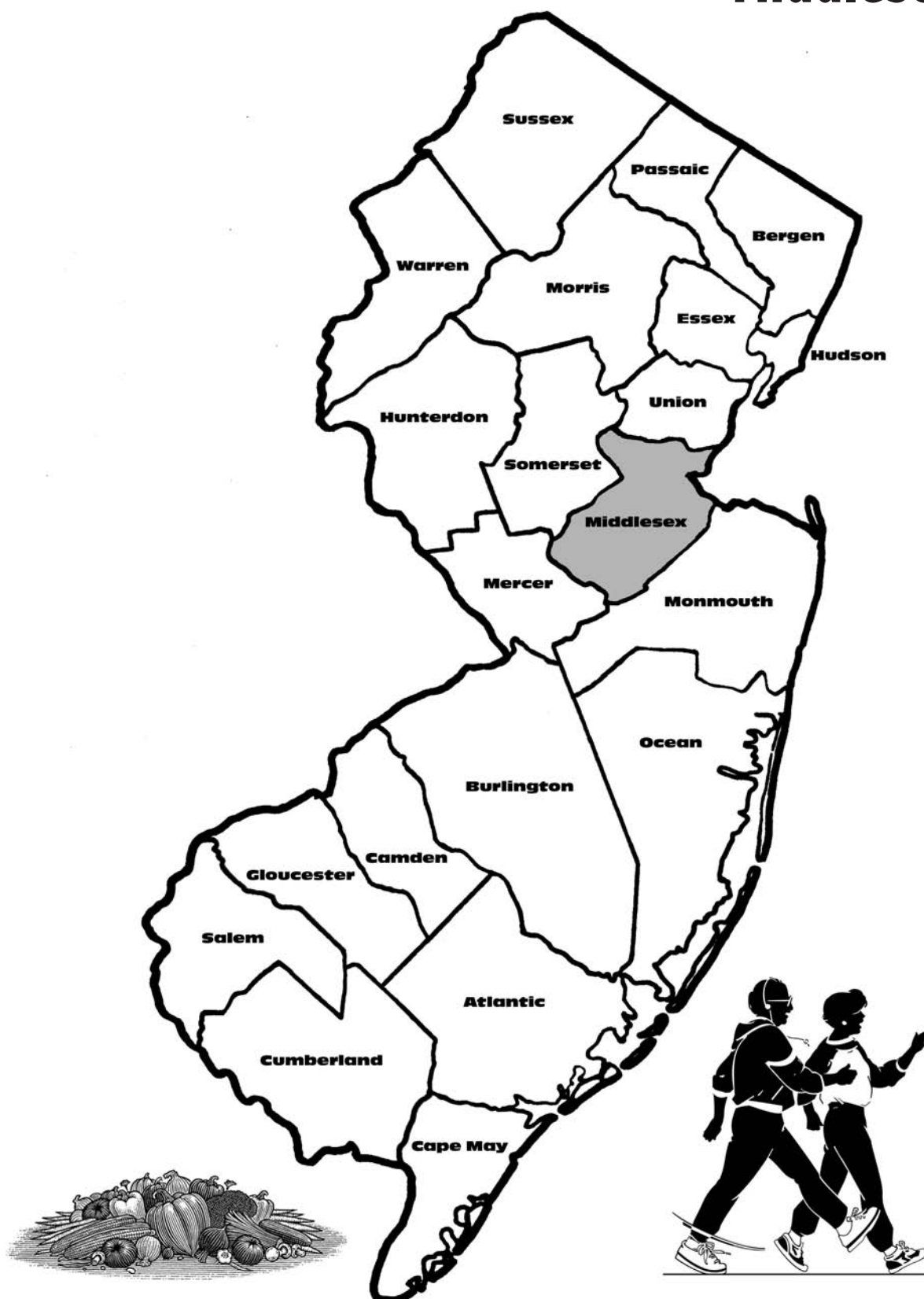
MERCER COUNTY Physical Activity Programs

Program Name:	Strength Training, Yoga, Tai Chi, Exercise, Senior Yoga
Agency/Institution:	West Windsor Senior Center
Address:	P.O. Box 38, Princeton Jct., NJ 08550
County:	Mercer
Phone:	609-799-9068
Focus:	To promote healthful and successful aging
Services:	 
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	None




Program Name:	Trenton Spirit Walk
Agency/Institution:	Isles, Inc.
Address:	10 Wood Street, Trenton, NJ 08618
County:	Mercer
Phone:	609-341-4700
Website:	www.isles.org
Focus:	Walk more for good health
Services:	  
Population served:	All ages
Funded by:	Grants
Fees & Charges:	None



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Middlesex County






MIDDLESEX COUNTY Nutrition Programs







Program Name:	Meals on Wheels, Senior Meal Nutrition Site
Agency/Institution:	Piscataway Senior Center
Address:	700 Buena Vista Ave., Piscataway, NJ 08854
County:	Middlesex
Phone:	732-562-1133
Focus:	Improved nutrition
Services:	   Services vary by program
Population served:	Ages 60+
Funded by:	Own funding, grants, Piscataway Township, Middlesex County
Fees & Charges:	Yes

Program Name:	Early Care and Learning
Agency/Institution:	Mae J. Strong Child Development Center
Address:	PO Box 1167, New Brunswick, NJ 08903-1167
County:	Middlesex
Phone:	732-249-4299
Focus:	Provide quality food to compete with fast food offerings in community and home
Services:	 
Population served:	Children
Funded by:	State, federal, private
Fees & Charges:	Yes

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



MIDDLESEX COUNTY Nutrition Programs





Program Name:	Little Chefs
Agency/Institution:	South Brunswick Parks and Recreation Department
Address:	PO Box 190, Monmouth Junction, NJ 08852
County:	Middlesex
Phone:	732-329-4000 ext.7671
Focus:	Introduces kitchen safety, math through measuring, and cause and effect while making some tasty treats. Children make a recipe book.
Services:	  
Population served:	Children
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Wellness Challenge
Agency/Institution:	Eric B. Chandler Health Center
Address:	277 George St., New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext.287
Focus:	Developing healthier lifestyle through proper nutrition and healthy eating habits for the prevention and control of cardiovascular diseases
Services:	     
Population served:	All ages
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None
Other information:	Call for information on current available programs

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MIDDLESEX COUNTY Nutrition Programs

Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Colonia, NJ 07095
County:	Middlesex
Phone:	732-855-0600
Focus:	Inform participants about healthy food choices
Services:	 
Population served:	Children, adults, seniors
Funded by:	Own funding, external grants
Fees & Charges:	None
Other information:	Call for information on current available programs

Program Name:	Senior Meal Program of Middlesex County
Agency/Institution:	Middlesex County Dept. on Aging
Address:	1 JFK Sq., 5th Fl, Dept. on Aging, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-745-2062
Website:	www.co.middlesex.nj.us
Services:	   
Population served:	Seniors
Funded by:	State, federal, county, donations
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



MIDDLESEX COUNTY Nutrition Programs

Program Name:	RU Healthy Dining Team
Agency/Institution:	Rutgers University-Department of Nutritional Sciences
Address:	26 Nichol Avenue, New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	732-932-5447
Focus:	To encourage healthier food and lifestyle choices
Services:	   
Population served:	Adults
Funded by:	Own funding
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Tai Chi, Laughter Therapy, Ballroom Dance, Line Dancing, Yoga, Strong Bones, Exercise Class, Video Exercise/Fitness
Agency/Institution:	Piscataway Senior Center
Address:	700 Buena Vista Ave., Piscataway, NJ 08854
County:	Middlesex
Phone:	732-562-1133
Focus:	Physical activity, increased oxygenation and circulation, meditation, and increased bone mass
Services:	   Services vary by program
Population served:	Ages 60+
Funded by:	Own funding, Piscataway Township
Fees & Charges:	None






Program Name:	Early Care and Learning
Agency/Institution:	Mae J. Strong Child Development Center
Address:	PO Box 1167, New Brunswick, NJ 08903-1167
County:	Middlesex
Phone:	732-249-4299
Focus:	Introduce children and families to the important relationship between quality nutrition and physical activity
Services:	 
Population served:	Children
Funded by:	State, federal, private
Fees & Charges:	Yes





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

MIDDLESEX COUNTY Physical Activity Programs





Program Name:	Jazzercise
Agency/Institution:	South Brunswick Parks and Recreation Department
Address:	PO Box 190, Monmouth Junction, NJ 08852
County:	Middlesex
Phone:	732-329-4000 ext. 7671
Focus:	Active lifestyle, healthy lifestyle, fitness, acquisition of new skills, enjoyment and socialization
Services:	 
Population served:	All ages Some programs have target populations. Some programs are targeted to special needs populations.
Funded by:	Own funding, grants, state, cooperative programming with non-profits and profit making organizations
Fees & Charges:	Yes
Other information:	<ol style="list-style-type: none"> 1. Adult walking program, teen youth sports 2. Softball, basketball, volleyball, bowling, soccer, sports camps, etc. 3. Adult sports programs, open gym basketball, softball, and volleyball leagues 4. Preschool gym programs 5. Gym, yoga, karate and movement programs for disabled population 6. Parks with free playgrounds, nature trails, bikeways, walkways, fields, tennis courts, basketball courts, roller hockey courts, bocce courts, skateboard park, and ball fields.




MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Silver Sneakers
Agency/Institution:	Woodbridge Township Recreation
Address:	One Main Street, Woodbridge, NJ 07095
County:	Middlesex
Phone:	732-596-4045
Focus:	Promote an active lifestyle
Services:	    
Population served:	Seniors
Funded by:	Owning funding, grants
Fees & Charges:	None
Other information:	Seniors are drawn to our community center for arts & crafts, cooking classes, computer clinics, and tai chi.

Program Name:	Get To Stepping
Agency/Institution:	Eric B. Chandler Health Center
Address:	277 George St., New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext. 287
Services:	   
Population served:	Adults, seniors, females
Funded by:	State
Fees & Charges:	None
Other information:	Call for information on current available programs






MIDDLESEX COUNTY Physical Activity Programs



Program Name:	Wellness Center Silver Sneakers Program
Agency/Institution:	YMCA at the Woodbridge Community Center
Address:	600 Main St., Woodbridge, NJ 07095
County:	Middlesex
Phone:	732-596-4182
Focus:	Health and well-being of senior citizens in the community
Services:	   
Population served:	Seniors
Funded by:	Axia Health Management
Fees & Charges:	None

Program Name:	Historic Walking Tour
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Colonia, NJ 07095
County:	Middlesex
Phone:	732-855-0600
Website:	www.twp.woodbridge.nj.us
Focus:	Promote a healthy lifestyle and learn about historic sites in Woodbridge Township
Services:	  
Population served:	Adults, seniors, community residents
Funded by:	State
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



MIDDLESEX COUNTY Physical Activity Programs

Program Name:	Wellness Challenge
Agency/Institution:	Eric B Chandler Health Center
Address:	277 George Street, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-235-6700 ext. 287
Focus:	To promote healthier lifestyle through physical activity, maintain healthy weight for better health, and achieve weight loss goals
Services:	    
Population served:	New Brunswick adults and seniors
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None
Other information:	Call for information on current available programs

Program Name:	Senior Meal Program of Middlesex County
Agency/Institution:	Middlesex County Dept. on Aging
Address:	1 JFK Sq., 5th Fl, Dept. on Aging, New Brunswick, NJ 08901
County:	Middlesex
Phone:	732-745-2062
Website:	www.co.middlesex.nj.us
Focus:	To provide a nutritious meal, information and socialization to promote a healthy lifestyle
Services:	 
Population served:	Seniors
Funded by:	Federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

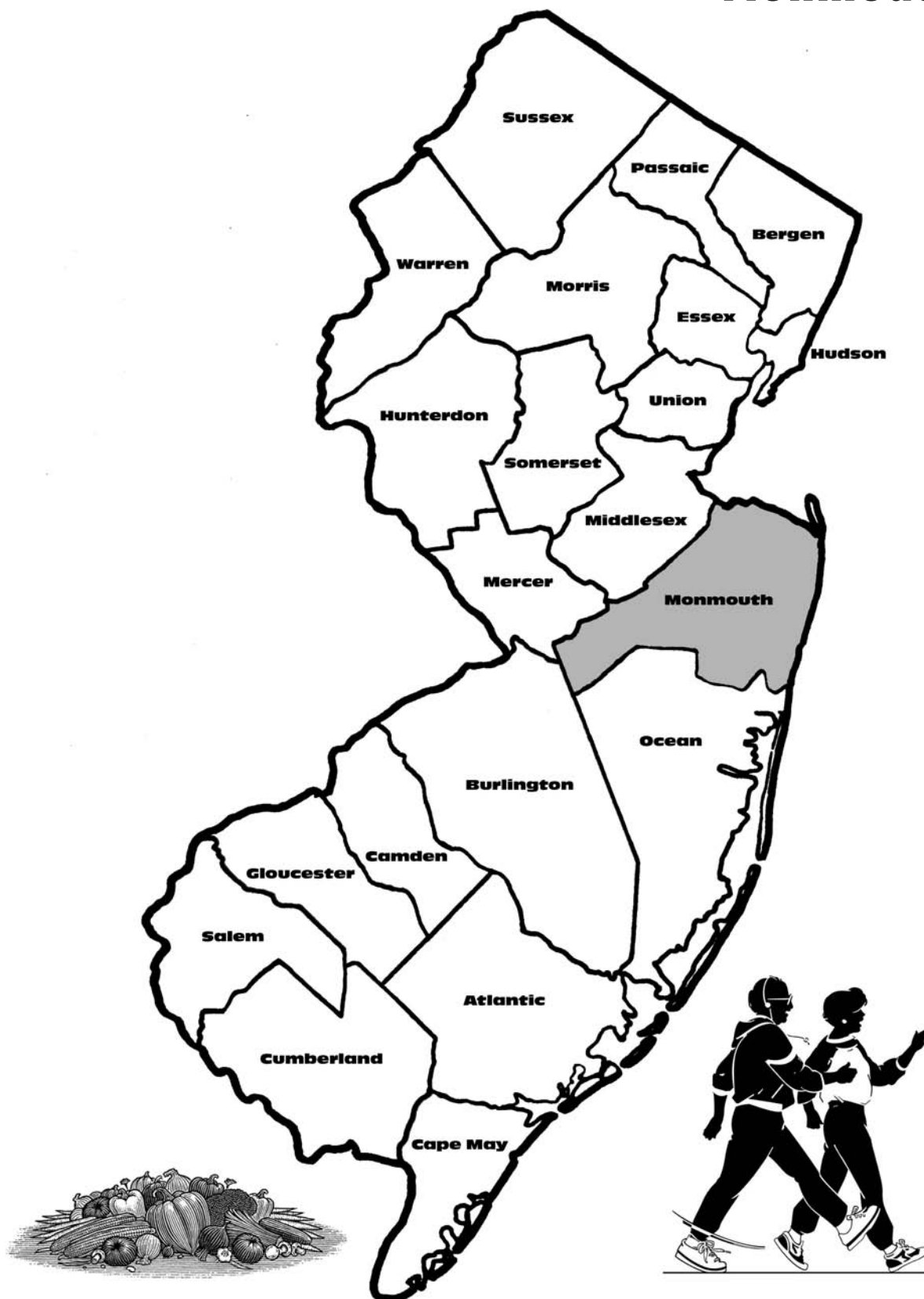
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

MIDDLESEX COUNTY Physical Activity Programs







Program Name:	RU Healthy Dining Team
Agency/Institution:	Rutgers University-Dept. of Nutritional Sciences
Address:	26 Nichol Avenue, New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	732-932-5447
Focus:	To encourage students to make healthier food and lifestyle choices
Services:	 
Population served:	Adults
Funded by:	Own funding
Fees & Charges:	None





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Monmouth County









MONMOUTH COUNTY Nutrition Programs

Program Name:	Bayshore Fitness and Wellness Centers
Agency/Institution:	Bayshore Community Health Services, Inc.
Address:	727 N. Beers Street, Holmdel, NJ 07733
County:	Monmouth
Phone:	732-739-5904
Website:	www.bchs.com
Services:	     
Population served:	All ages
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

Program Name:	Nutrition and Cooking Demonstrations
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	Monmouth
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	Teach and encourage healthier eating during and after cancer treatment
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	We serve both Monmouth and Ocean counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents. Program has specific cancer prevention focus and provides information for cancer patients/survivors





MONMOUTH COUNTY Nutrition Programs

Program Name:	Choosing a Healthy Life by Making Healthy Choices
Agency/Institution:	Pediatric Council on Research and Education
Address:	The Children's Hospital at Monmouth Medical Center, 300 Second Avenue, Long Branch, NJ 07740
County:	Monmouth
Phone:	732-923-7250
Website:	www.aapnj.org
Focus:	Teaching children and families to make healthier choices and thus lead a healthier life
Services:	    
Population served:	Age 3-4 years enrolled in preschool in Long Branch, NJ
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None
Other information:	Sessions to preschoolers and their families regarding making healthy choices Physician sessions with preschoolers and parents regarding obesity

Agency/Institution:	Monmouth County Park System
Address:	805 Newman Springs Road, Lincroft, NJ 07738
County:	Monmouth
Phone:	732-542-1642 ext. 23
Website:	www.monmouthcountyparks.com
Services:	
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






MONMOUTH COUNTY Nutrition Programs

Agency/Institution:	Bayshore Senior Center
Address:	100 Main Street, Keansburg, NJ 07734
County:	Monmouth
Phone:	732-495-2454
Focus:	To encourage seniors to stay well through healthy eating
Services:	   
Population served:	Seniors
Funded by:	State, federal, county
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




MONMOUTH COUNTY Physical Activity Programs






Program Name:	Yoga, T'ai Chi, Qi Gong, Strength Training
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	Monmouth
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	To help people affected by cancer enhance their health and well-being
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	We serve both Monmouth and Ocean counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents. Program has specific cancer prevention focus and provides information for cancer patients/survivors

Agency/Institution:	YMCA of Western Monmouth County
Address:	470 E. Freehold Road, Freehold, NJ 07728
County:	Monmouth
Phone:	732-462-0464
Website:	www.ymcanj.org
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state
Fees & Charges:	Yes




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MONMOUTH COUNTY Physical Activity Programs

Program Name:	Choosing a Healthy Life by Making Healthy Choices
Agency/Institution:	Pediatric Council on Research and Education
Address:	The Children's Hospital at Monmouth Medical Center, 300 Second Avenue, Long Branch, NJ 07740
County:	Monmouth
Phone:	732-923-7250
Website:	www.aapnj.org
Focus:	Help children and families make better choices and thus have a healthier lifestyle
Services:	  
Population served:	Age 3-4 year old children attending pre-school in Long Branch, NJ
Funded by:	Robert Wood Johnson Foundation
Fees & Charges:	None



Program Name:	Bayshore Fitness & Wellness Centers
Agency/Institution:	Bayshore Community Health Services, Inc.
Address:	727 N. Beers Street, Holmdel, NJ 07733
County:	Monmouth
Phone:	732-739-5904
Website:	www.bchs.com
Focus:	Improve strength, flexibility, health and well-being.
Services:	    
Population served:	All ages
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

MONMOUTH COUNTY Physical Activity Programs

Program Name:	Balloon Exercise
Agency/Institution:	Bayshore Senior Center
Address:	100 Main Street, Keansburg, NJ 07734
County:	Monmouth
Phone:	732-495-2454
Focus:	To keep seniors up and moving and to show them how much better they feel when they move or laugh
Services:	  
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	None

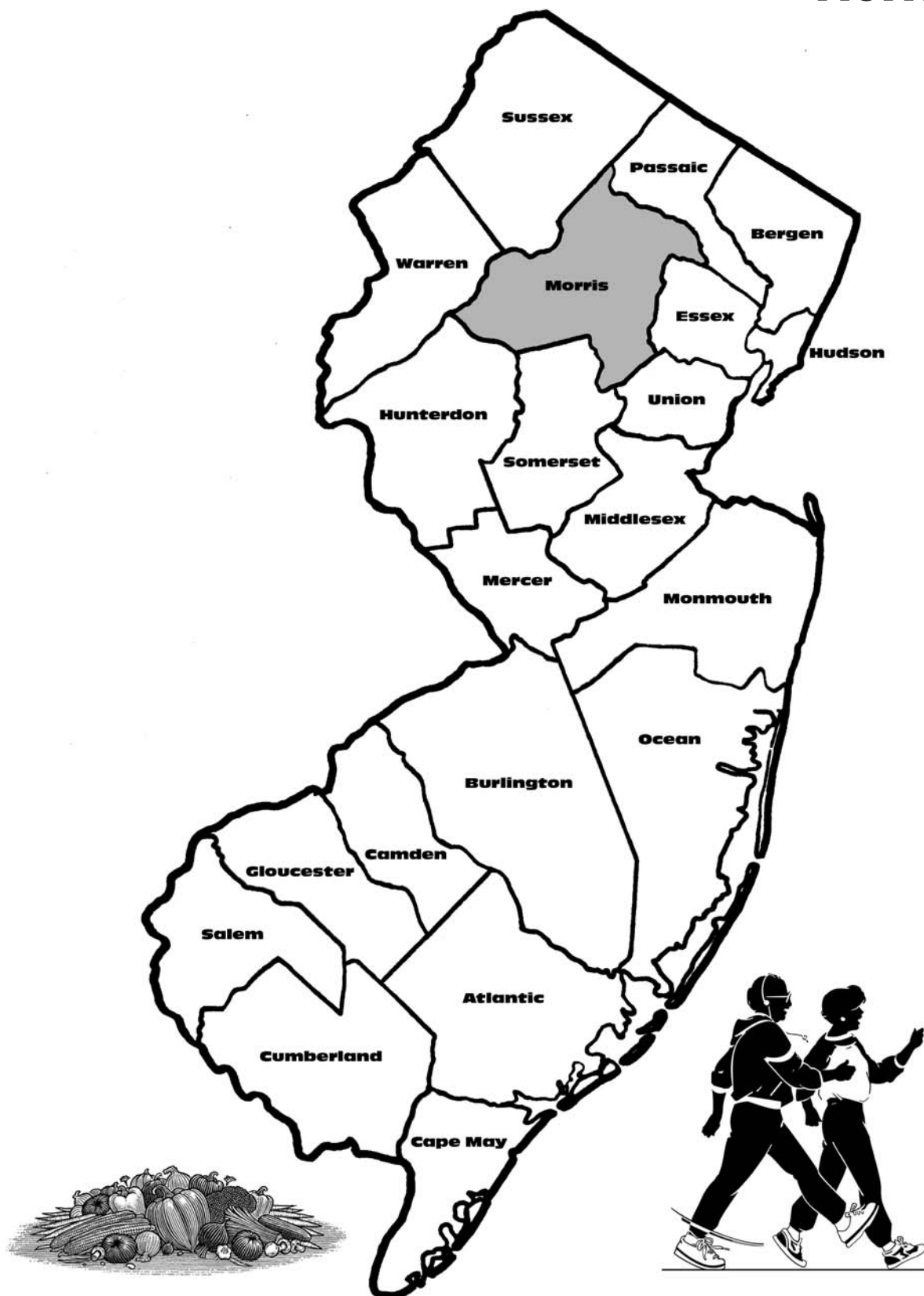
Program Name:	Senior Fitness, Senior Walking, Family Walking, Aerobics, Pilates, Yoga, Children's Intro to Sports
Agency/Institution:	Department of Human Services-Township of Ocean
Address:	P.O. Box 910, 601 Deal Road, Oakhurst, NJ 07755
County:	Monmouth
Phone:	731-531-2600
Website:	www.oceanhsd.org
Focus:	Promote an active lifestyle, improve fitness levels, and alleviate stress
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes

MONMOUTH COUNTY Physical Activity Programs





Agency/Institution:	Monmouth County Park System
Address:	805 Newman Springs Road, Lincroft, NJ 07738
County:	Monmouth
Phone:	732-542-1642 ext. 23
Website:	www.monmouthcountyparks.com
Focus:	Promote a healthy and active lifestyle and help people carry on the lifestyle outside of our structured programming
Services:	 
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Morris County








MORRIS COUNTY Nutrition Programs

Program Name:	I Can Cope component on nutrition and National Cancer Survivor's Day
Agency/Institution:	Cancer Care at Saint Clare's
Address:	23 Pocono Rd., Denville, NJ 07834
County:	Morris
Phone:	973-625-6176
Focus:	Help patients understand better eating styles for self and families Promote healthy eating for survivorship
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors




Agency/Institution:	Saint Clare's Hospital
Address:	400 West Blackwell Street, Dover, NJ 07801
County:	Morris
Phone:	973-989-3421
Services:	   
Population served:	All ages
Funded by:	Own funding
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



MORRIS COUNTY Nutrition Programs

Agency/Institution:	Montville Senior House
Address:	195 Changebridge Rd., Montville, NJ 07045
County:	Morris
Focus:	Promote healthy eating
Services:	  
Population served:	Seniors
Funded by:	Town
Fees & Charges:	\$1.00/meal





Program Name:	Inspire & New Vitality
Agency/Institution:	Chilton Memorial Hospital
Address:	97 West Parkway, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-831-5475
Website:	www.chiltonmemorial.org
Focus:	Increase knowledge of healthy eating habits
Services:	 
Population served:	Children, adults, seniors
Funded by:	Own funding
Fees & Charges:	None




MORRIS COUNTY Nutrition Programs

Program Name:	Making Healthy Food Fun
Agency/Institution:	Pequannock Township Health Department
Address:	530 Newark-Pompton Turnpike, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-835-5700
Focus:	Increase fruit and vegetable intake, educate children to make healthy food choices, and help parents understand appropriate portion sizes for their children for obesity prevention
Services:	  
Population served:	Children, adolescents, adults, families
Funded by:	Own funding
Fees & Charges:	None

Agency/Institution:	Zufall Health Center
Address:	17 S. Warren Street, Dover, NJ 07801
County:	Morris
Phone:	973-328-3344
Focus:	Promote healthy eating
Services:	 
Population served:	All ages
Funded by:	State, federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

MORRIS COUNTY Nutrition Programs

Program Name:	Mt. Olive Health Department
Agency/Institution:	Fit Kids Club-After school program
Address:	P.O. Box 450, Budd Lake, NJ 07828
County:	Morris
Phone:	973-691-0900
Focus:	Helping children make healthy food choices
Services:	   
Population served:	Children, families
Funded by:	Grants
Fees & Charges:	None





Program Name:	Project Healthy Bones
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Improve calcium, vitamin D intake, balance supplements
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants, state, participant donations for materials
Fees & Charges:	Yes
Other information:	Call for information on current available programs






MORRIS COUNTY Nutrition Programs

Agency/Institution:	Morris Area Wellness Partnership
Address:	95 Madison Ave., Suite B-02, Morristown, NJ 07960
County:	Morris
Phone:	973-971-7030
Website:	www.EatSmartMoveMore.org
Focus:	Promote healthy lifestyles through healthy eating and regular physical activity
Population served:	Children and their families
Funded by:	Volunteer organization
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MORRIS COUNTY Physical Activity Programs




Program Name:	Yoga and the “I Can Cope” series
Agency/Institution:	Cancer Care at Saint Clare's
Address:	23 Pocono Rd., Denville, NJ 07834
County:	Morris
Phone:	973-625-6176
Focus:	Promote a more relaxed, healthy lifestyle
Services:	   
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Rockaway Townsquare Walkers, Fit Kids & Families, Yoga for Beginners, Pre-Natal Yoga, Gentle Yoga
Agency/Institution:	Saint Clare's Hospital
Address:	400 West Blackwell Street, Dover, NJ 07801
County:	Morris
Phone:	973-989-3421
Focus:	Promote an active lifestyle, physical fitness and appropriate body weight to support healthier communities
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MORRIS COUNTY Physical Activity Programs

Agency/Institution:	Montville Senior House
Address:	195 Changebridge Road, Montville, NJ 07045
County:	Morris
Phone:	973-263-3310
Focus:	Promote an active lifestyle
Services:	   
Population served:	Seniors
Funded by:	Town
Fees & Charges:	Yes
Other information:	We offer Tai Chi, Yoga, Line Dancing, Square Dancing, Aerobic Exercise, and PACE Arthritis Exercise




Program Name:	Youth Fitness and Conditioning
Agency/Institution:	West Morris Area YMCA
Address:	14 Dover-Chester Road, Randolph, NJ 07869
County:	Morris
Phone:	973-366-1120
Website:	www.wmaymca.com
Focus:	Promote an active and healthy lifestyle for the kids and teach them to use the fitness equipment properly
Services:	  
Population served:	Children
Funded by:	Own funding
Fees & Charges:	None





MORRIS COUNTY Physical Activity Programs

Program Name:	Inspire & New Vitality & Community Health
Agency/Institution:	Chilton Memorial Hospital
Address:	97 West Parkway, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-831-5475
Website:	www.chiltonmemorial.org
Focus:	To promote and maintain a healthy lifestyle for community members
Services:	  
Population served:	Children, adults, seniors
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Move Today
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Increase strength, balance and flexibility for at-risk seniors
Services:	   
Population served:	Seniors
Funded by:	Own funding, grants, state, participant donations
Fees & Charges:	Yes
Other information:	Call for information on current available programs

MORRIS COUNTY Physical Activity Programs

Program Name:	Rose City Steppers
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Increase physical activity level of participants
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, participant membership donation
Fees & Charges:	Yes
Other information:	Call for information on current available programs

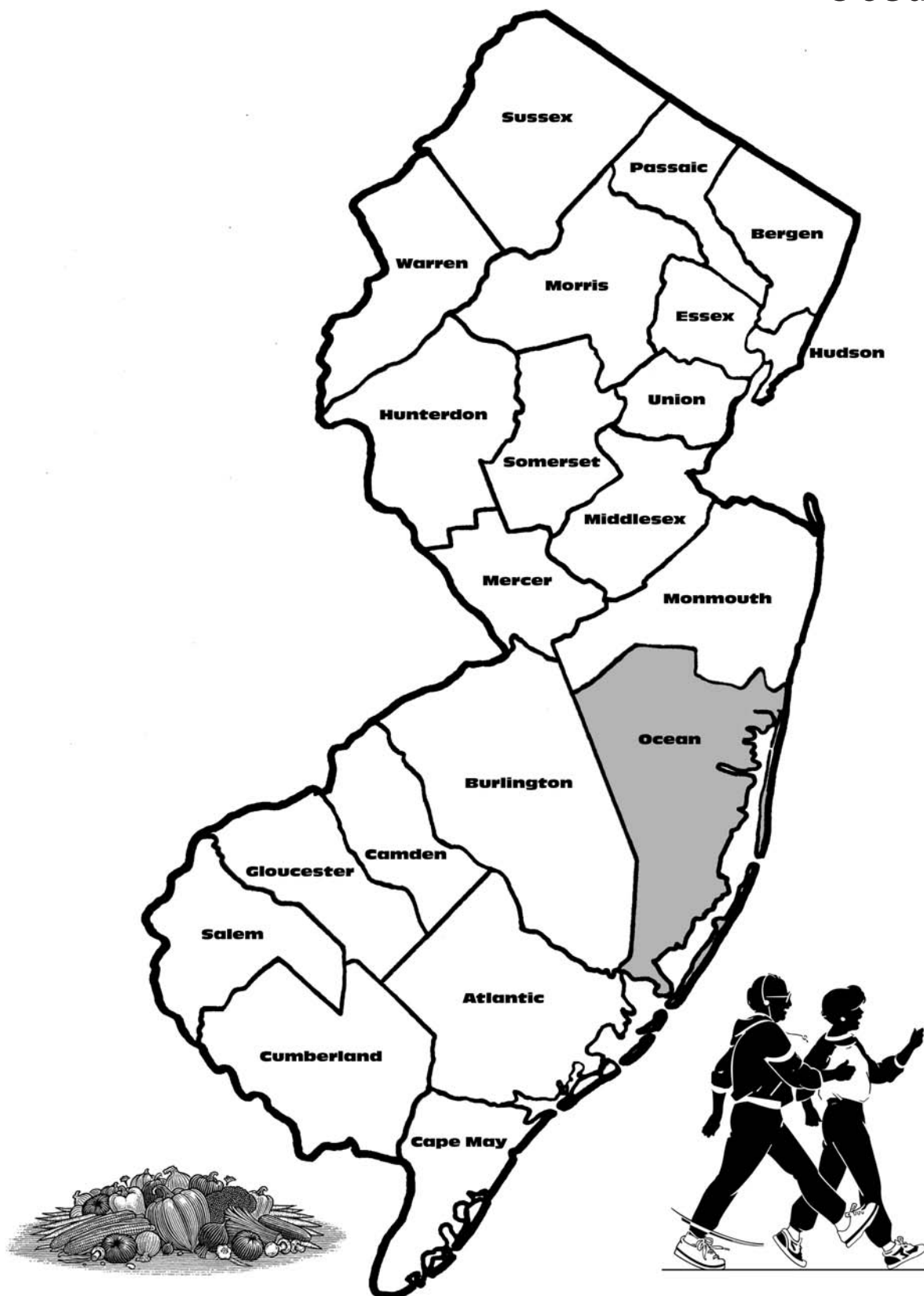
Program Name:	Project Healthy Bones
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Maintain/improve bone health
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants, state, participant donation for materials
Fees & Charges:	Yes
Other information:	Call for information on current available programs

MORRIS COUNTY Physical Activity Programs




Agency/Institution:	Morris Area Wellness Partnership
Address:	95 Madison Ave., Suite B-02, Morristown, NJ 07960
County:	Morris
Phone:	973-971-7030
Website:	www.EatSmartMoveMore.org
Focus:	Promote healthy lifestyles through healthy eating and regular physical activity
Population served:	Children and their families
Funded by:	Volunteer Organization
Fees & Charges:	None



Program Name:	Active for Life
Agency/Institution:	American Cancer Society
Address:	669 Littleton Road, Parsippany, NJ 07054
County:	Morris
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Promote a physically active lifestyle
Population served:	Adults, work-site employees
Funded by:	Own funding, contributions
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Ocean County










OCEAN COUNTY Nutrition Programs

Program Name:	Healthy Choices
Agency/Institution:	Ocean County Health Department
Address:	175 Sunset Avenue, Toms River, NJ 08755
County:	Ocean
Phone:	732-341-9700
Website:	www.ochd.org
Focus:	Making healthier food choices
Services:	  
Population served:	Children, adolescents, adults and families
Funded by:	Own funding
Fees & Charges:	None






Program Name:	Senior Games
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Website:	www.lbihealth.com
Services:	 
Population served:	Seniors
Funded by:	Local municipal alliance
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus. Call for information on current available programs.





OCEAN COUNTY Nutrition Programs

Program Name:	Train the Trainer: Addressing childhood obesity at the pre-school level
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Website:	www.lbihealth.com
Focus:	Introduce strategies to increase activity and improve diet of pre-school attendees
Services:	 
Population served:	Children
Fees & Charges:	None
Other information:	Call for information on current available programs.



Program Name:	Beehive Senior Center, Congregate Nutrition Sites/Home Delivered Meals
Agency/Institution:	Community Services, Inc. of Ocean County
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Focus:	Provide nutrition and social support service programs for elderly in their communities to assist older adults in living as independently as possible in the environment of their choice
Services:	    
Population served:	Ages 60+ Ocean County residents
Funded by:	State, federal, client meal donations, local municipalities, private donors
Fees & Charges:	None





OCEAN COUNTY Nutrition Programs

Agency/Institution:	Ocean County WIC
Address:	175 Sunset Ave., Toms River, NJ 08754
County:	Ocean
Phone:	732-341-9700
Focus:	Promote nutrition in low-income families to improve their health "wellness" and provide food
Services:	    
Population served:	Children, adults, families
Funded by:	Federal
Fees & Charges:	None

Program Name:	Lifestyle Intervention Program
Agency/Institution:	Long Beach Island Health Department
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improve nutrition education Prevention of metabolic syndrome
Services:	   
Population served:	Adolescents, adults, seniors, families
Funded by:	Own funding, LBI municipal alliance
Fees & Charges:	None
Other information:	Call for information on currently available programs.





OCEAN COUNTY Nutrition Programs




Program Name:	HealthEASE Serving Up Good Nutrition
Agency/Institution:	Ocean County Office of Senior Services
Address:	1027 Hooper Ave, Bldg #2 PO Box 2191, Toms River, NJ 08754-2191
County:	Ocean
Phone:	732-929-2091
Website:	www.co.ocean.nj.us
Focus:	Empower older adults to make healthy food choices through education and specific action steps to help them maintain independence and an enhanced quality of life
Services:	 
Population served:	Seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Volunteer peer leader training available

Program Name:	Calcium Counts
Agency/Institution:	The Center for Women's Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	Improve bone health for women
Services:	   
Population served:	Adult and senior women
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





OCEAN COUNTY Nutrition Programs

Program Name:	Diabetes Self Management Series
Agency/Institution:	The Center for Diabetes at Community Medical Center
Address:	731 Lacey Road, Forked River, NJ 08731
County:	Ocean
Phone:	609-242-3610
Focus:	Healthy food choices
Services:	   
Population served:	All ages
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Support groups and free programs with topics related to healthy food choices and carbohydrate intake





Agency/Institution:	The Lighthouse - A Center for Senior Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	To provide some classroom instruction on healthy food choices
Services:	  
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Periodic lectures on improving nutrition or disease specific nutritional issues Program provides information for cancer patients/ survivors





OCEAN COUNTY Nutrition Programs

Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services, Inc.
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Website:	www.csiofoceancounty.org
Focus:	Healthy meals for special needs seniors
Services:	    
Population served:	Targets socially isolated and frail/disabled seniors
Funded by:	State, federal
Fees & Charges:	None

Program Name:	Nutrition and Cooking Demonstrations
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	We serve both Ocean and Monmouth counties, and we are conveniently located off the Parkway Exit 105 for Ocean County residents.
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	Teach and encourage healthier eating during and after cancer treatment
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



OCEAN COUNTY Nutrition Programs

Program Name:	Outpatient Nutrition Counseling
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	Assist in making healthier food choices to achieve weight loss
Services:	   
Population served:	Children, adolescents
Fees & Charges:	Yes, insurance reimbursement and self-pay




Program Name:	Our Overweight Children: What Families Can Do
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate families (caregivers) on making healthier food choices and assisting children in efforts at weight management
Services:	   
Population served:	Children, adolescents, adults, families
Funded by:	Own funding
Fees & Charges:	None






OCEAN COUNTY Nutrition Programs

Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To promote healthier eating style
Services:	  
Population served:	Children, adolescents
Fees & Charges:	Yes



Program Name:	Senior Discussions
Agency/Institution:	Jewish Family and Children's Service of Ocean County
Address:	301 Madison Avenue, Lakewood, NJ 08701
County:	Ocean
Phone:	732-363-8010
Website:	www.jewishoceancounty.org
Focus:	Promoting "healthy aging"
Services:	 
Population served:	Seniors
Funded by:	State, federal
Fees & Charges:	None



OCEAN COUNTY Physical Activity Programs

Program Name:	Healthy Choices
Agency/Institution:	Ocean County Health Department
Address:	175 Sunset Avenue, Toms River, NJ 08755
County:	Ocean
Phone:	732-341-9700
Website:	www.ochd.org
Focus:	Promote healthy lifestyle
Services:	  
Population served:	Children, adolescents
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors




Agency/Institution:	Southern Ocean County Hospital
Address:	1140 Rte. 72 W, Manahawkin, NJ 08050
County:	Ocean
Phone:	609-978-3656
Website:	www.SOCH.com
Focus:	Promote active lifestyle Different programs may have more specific goals
Services:	    
Population served:	Adults, seniors, pregnant and mom/baby
Funded by:	Own funding, grants, state, self pay
Fees & Charges:	Yes, except at nutrition sites






OCEAN COUNTY Physical Activity Programs

Program Name:	Beehive Senior Center, Congregate Nutrition Sites
Agency/Institution:	Community Services, Inc. of Ocean County
Address:	225 Fourth Street, Lakewood, NJ 08701
County:	Ocean
Phone:	732-367-1400
Focus:	To promote an active lifestyle in an effort to assist older adults in living as independently as possible in the environment of their choice
Services:	 
Population served:	Ages 60+ Ocean County residents
Funded by:	Ocean county board of chosen freeholders, state, local municipalities, private donors, participant donations
Fees & Charges:	None





Program Name:	Class on Physical Activity
Agency/Institution:	Ocean County WIC
Address:	175 Sunset Ave., Toms River, NJ 08754
County:	Ocean
Phone:	732-341-9700
Focus:	To promote healthy weight
Services:	 
Population served:	Children, adolescents
Funded by:	State
Fees & Charges:	None
Other information:	We have a fat loss monitor; we will be asking clients if they would like to participate. At our local mall, we will have nutritionists available to answer questions and provide information with healthy snacks.






OCEAN COUNTY Physical Activity Programs

Program Name:	Exercise & Yoga
Agency/Institution:	Toms River Senior Center
Address:	652 Garfield Avenue, Toms River, NJ 08753
County:	Ocean
Phone:	732 341-1000
Focus:	To remain healthy and strong and extend the quality of life for our seniors
Services:	  
Population served:	Seniors
Funded by:	State, federal, township
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors



Program Name:	Project Healthy Bones
Agency/Institution:	Long Beach Island Health Dept.
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improved strength and balance
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, municipal alliance
Fees & Charges:	None
Other information:	Call for information on current available programs




OCEAN COUNTY Physical Activity Programs

Program Name:	HealthEASE Move Today
Agency/Institution:	Ocean County Office of Senior Services
Address:	1027 Hooper Ave, Bldg #2, PO Box 2191, Toms River, NJ 08754-2191
County:	Ocean
Phone:	732-929-2091
Website:	www.co.ocean.nj.us
Focus:	Encourage seniors to exercise regularly & incorporate movement into their daily lifestyles in order to preserve independence, enhance quality of life, improve health & prevent falls
Services:	   
Population served:	Seniors
Funded by:	Own funding, state
Fees & Charges:	None
Other information:	Promote/encourage walking programs Volunteer peer leader training available




Program Name:	LBI Walkers
Agency/Institution:	Long Beach Island Health Dept.
Address:	11601 Long Beach Blvd., Haven Beach, NJ 08008
County:	Ocean
Phone:	609-492-1212
Focus:	Improve cardiovascular fitness, offer emotional support
Services:	    
Population served:	Adults, seniors
Funded by:	Own funding, municipal alliance
Fees & Charges:	None

OCEAN COUNTY Physical Activity Programs




Program Name:	Walking Program
Agency/Institution:	Long Beach Island Senior Center
Address:	4700 Long Beach Blvd., Long Beach Township, NJ 08008
County:	Ocean
Phone:	609-494-8861
Website:	www.lbisaintfrancis.org
Focus:	Promote an active lifestyle
Services:	 
Population served:	Adults, seniors
Funded by:	State, federal, county
Fees & Charges:	None






Program Name:	Project BONES
Agency/Institution:	The Center for Women's Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	The Center for Women's Health is a community-based health promotion and wellness program for adult women of all ages. Project BONES is an osteoporosis screening program with education and exercise components specifically for adult women age 50 and over.
Services:	  
Population served:	Women ages 50+
Funded by:	Own funding, grants
Fees & Charges:	Yes, nominal fee of \$10.00
Other information:	Tai Chi for osteoporosis Weight-bearing exercises for osteoporosis Provides information for cancer patients/survivors

OCEAN COUNTY Physical Activity Programs

Program Name:	Healthy Bones
Agency/Institution:	The Lighthouse - A Center for Senior Health at Community Medical Center
Address:	99 Highway 37 West, Toms River, NJ 08755
County:	Ocean
Phone:	732-557-3210
Website:	www.sbhcs.com
Focus:	The goal of The Lighthouse is to provide health education, improve quality of life and promote independence for older adults. The goal of Healthy Bones is to improve bone health, improve balance, and decrease the risk of falls through strength training and education.
Services:	  
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	We periodically have lectures on the benefits of exercise or how to begin exercising. We also offer Yoga, Tai Chi and self defense classes. Program provides information for cancer patients/survivors.



OCEAN COUNTY Physical Activity Programs


Program Name:	Yoga, T'ai Chi, Qi Gong, Strength Training
Agency/Institution:	The Wellness Community - The Diney Goldsmith Center
Address:	613 Hope Road, Eatontown, NJ 07724
County:	We serve both Ocean and Monmouth counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents.
Phone:	732-578-9200
Website:	www.thewellnesscommunity.org/jerseyshore
Focus:	To help people affected by cancer enhance their health and well-being
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Shapedown
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	Educate about an active and healthy lifestyle
Services:	    
Population served:	Children, adolescents, families
Fees & Charges:	Yes

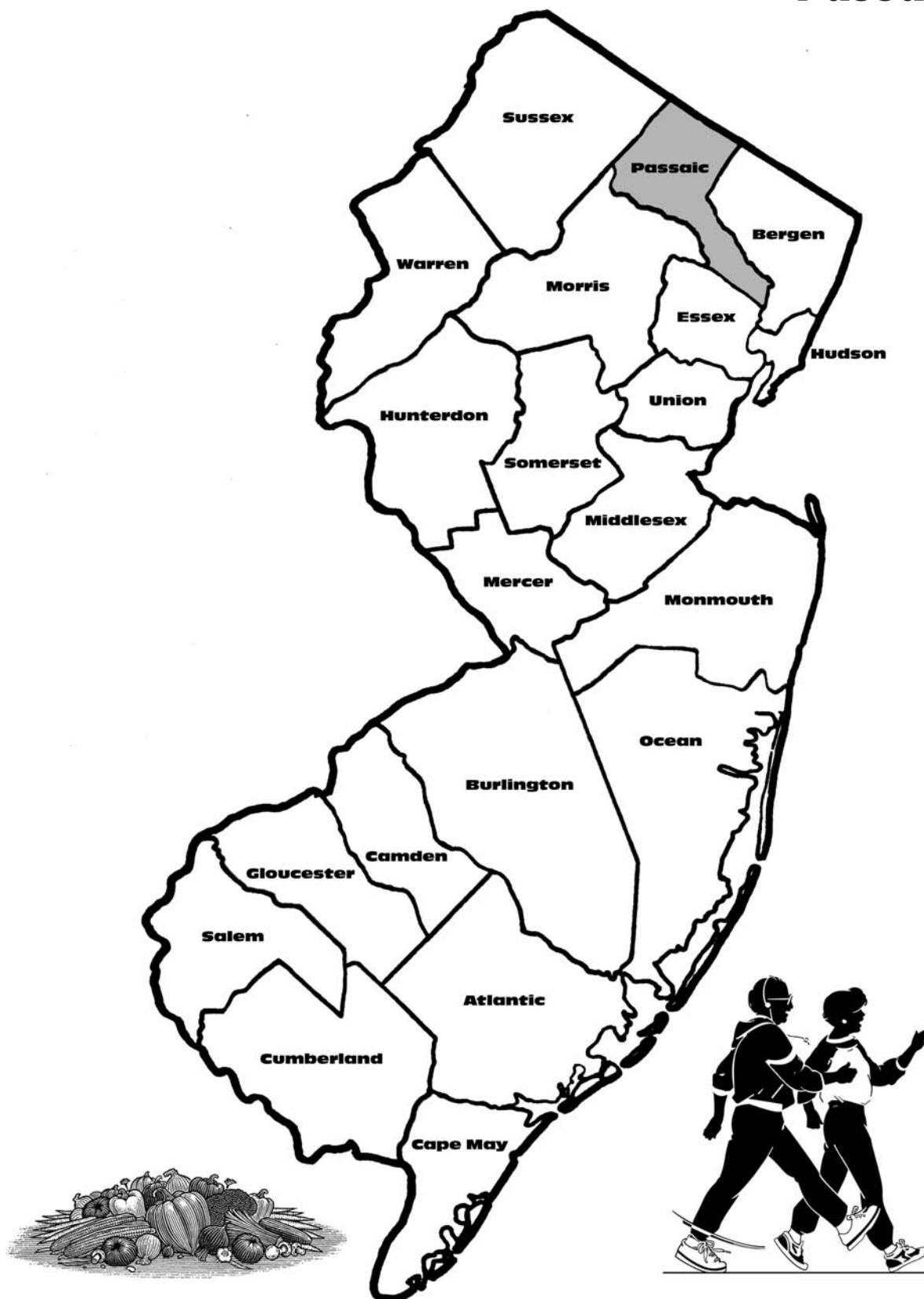
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

OCEAN COUNTY Physical Activity Programs






Program Name:	Our Overweight Children: What Families Can Do
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate on better health choices to improve health and decrease weight
Services:	 
Population served:	Adults, families
Funded by:	Own funding
Fees & Charges:	None




Program Name:	Fitness group
Agency/Institution:	Children's Specialized Hospital
Address:	94 Stevens Road, Toms River, NJ 08755
County:	Ocean
Phone:	732-914-1100
Website:	www.childrens-specialized.org
Focus:	To educate and have programs to integrate into community
Services:	
Population served:	Children, adolescents
Fees & Charges:	Yes

Passaic County









PASSAIC COUNTY Nutrition Programs

Agency/Institution:	Paterson YMCA
Address:	128 Ward Street, Paterson, NJ 07505
County:	Passaic
Phone:	973-684-2320
Website:	www.patersonymca.org
Focus:	Awareness of healthier lifestyles and eating choices
Services:	    
Population served:	Children
Funded by:	Grants, state, federal
Fees & Charges:	None

Agency/Institution:	Passaic City Health Division
Address:	330 Passaic St., Passaic, NJ 07055
County:	Passaic
Phone:	973-365-5605
Website:	www.cityofpassaic.com
Focus:	Promote a balanced and healthy diet
Services:	  
Population served:	Children, Seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




PASSAIC COUNTY Nutrition Programs

Agency/Institution:	Passaic County Division of Nutrition Services
Address:	1312 Rt. 23 North, Wayne, NJ 07512
County:	Passaic
Phone:	973-305-5885
Focus:	Help the aging population maintain a healthy lifestyle
Services:	     
Population served:	Seniors
Funded by:	Own funding, state, federal
Fees & Charges:	None

Program Name:	Passaic County Nutrition
Agency/Institution:	West Milford Parks & Recreation
Address:	1810 Macopin Road, West Milford, NJ 07480
County:	Passaic
Phone:	973-728-2860
Website:	www.westmilford.org
Services:	 
Population served:	Seniors
Funded by:	County
Fees & Charges:	Yes






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





PASSAIC COUNTY Physical Activity Programs

Program Name:	Arthritis & Osteoporosis Exercise Class
Agency/Institution:	Clifton Health Department
Address:	900 Clifton Avenue, Clifton, NJ 07013
County:	Passaic
Phone:	973-470-5758
Website:	www.cliftonnj.org
Focus:	Promote an active lifestyle for those suffering with arthritis and osteoporosis.
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None

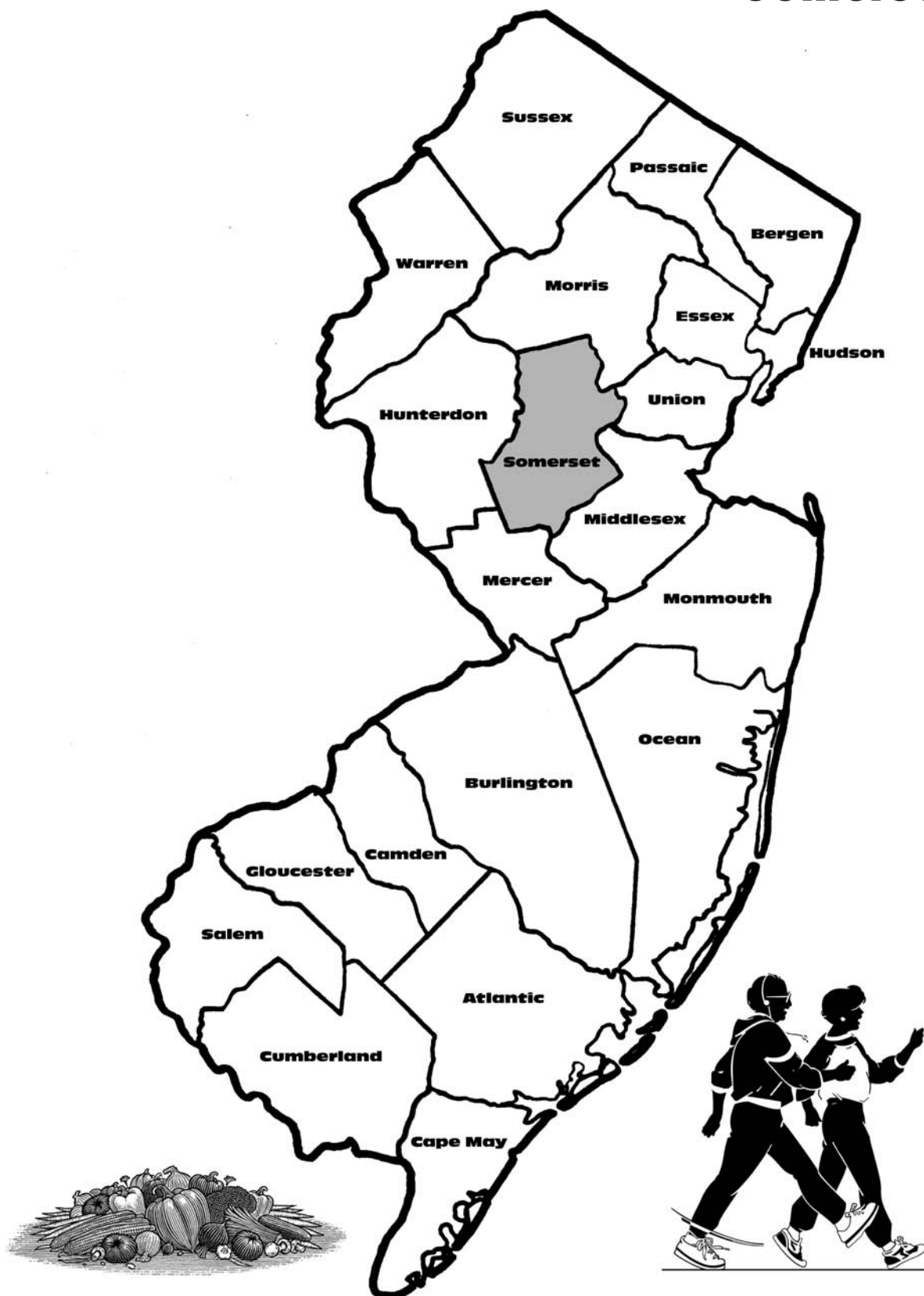
Program Name:	Swim Programs, Jr. Wrestling, Roller Hockey, Track & Field Camp, Field Hockey Camp, Summer Tennis, Kidsafe Karate, Multi-Sport Camp, Healthy Bones, Senior Aerobics, Young Hearts Bowling League, Sittercize
Agency/Institution:	West Milford Parks & Recreation
Address:	1810 Macopin Road, West Milford, NJ 07480
County:	Passaic
Phone:	973-728-2860
Website:	www.westmilford.org
Focus:	Promote exercise and recreation
Services:	 
Population served:	Varies depending on program
Funded by:	Own funding, grants
Fees & Charges:	Yes

PASSAIC COUNTY Physical Activity Programs




Agency/Institution:	Paterson YMCA
Address:	128 Ward Street, Paterson, NJ 07505
County:	Passaic
Phone:	973-684-2320
Website:	www.patersonymca.org
Focus:	To build a healthy mind, spirit and body Promote an active lifestyle to help combat obesity and diabetes
Services:	    
Population served:	All ages
Funded by:	Grants, state, federal
Fees & Charges:	Yes




Program Name:	Bloomingdale Seniors on the Move Walking Program, Senior Aerobics, Sittercise, Chair Yoga, Arthritis Exercise Program
Agency/Institution:	Bloomingdale Senior Center
Address:	103 Hamburg Turnpike, Bloomingdale, NJ 07403
County:	Passaic
Phone:	973-838-9259
Website:	www.bloomingdalenj.org
Focus:	Promote healthy aging
Services:	   
Population served:	Adults, Seniors
Funded by:	Own funding, grants, state, trust fund, donations

Somerset County





SOMERSET COUNTY Nutrition Programs







Program Name:	Eat Well, Feel Great!
Agency/Institution:	Somerset Hills YMCA
Address:	140 Mount Airy Road, Basking Ridge, NJ 07920
County:	Somerset
Phone:	908-630-3502
Website:	www.somersetillsymca.org
Focus:	To promote healthy eating
Services:	     Services vary by program
Population served:	Varies by program
Fees & Charges:	Yes

Agency/Institution:	Bernards Township Health Department
Address:	262 S. Finley Avenue, Basking Ridge, NJ 07920
County:	Somerset
Phone:	908-204-2522
Focus:	We offer many (one-session only) nutrition programs/workshops on a variety of topics such as heart health, bone health, and women's health.
Services:	  
Population served:	Adults, seniors, families
Funded by:	Own funding
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





SOMERSET COUNTY Nutrition Programs





Program Name:	Hospital Cafeteria Food
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Avenue, Somerville, NJ 08875
County:	Somerset
Phone:	908-685-2589
Website:	www.somersetmedicalcenter.com
Focus:	To increase awareness of healthy choices in cafeteria food, increase knowledge on serving sizes, portion control, calories, and fat content in various foods
Services:	 
Population served:	Ages 20+
Funded by:	Own funding
Fees & Charges:	None

Program Name:	ProKIDS-Nutrition and Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Avenue, Somerville, NJ 08876
County:	Somerset
Phone:	908-595-2606
Website:	www.somersetmedicalcenter.com
Focus:	To promote healthy eating
Services:	     
Population served:	All ages
Funded by:	Grants
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)


SOMERSET COUNTY Nutrition Programs



Program Name:	Healthy Dining Out
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Avenue, Somerville, NJ 08876
County:	Somerset
Phone:	908-595-2345
Website:	www.somersetmedicalcenter.com
Focus:	To promote healthy eating
Services:	   
Population served:	Ages 50+
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Somerset County Office on Aging
Agency/Institution:	Nutrition Program for the Elderly
Address:	PO Box 3000, Somerville, NJ 08876
County:	Somerset
Phone:	888-747-1122
Website:	www.co.somerset.nj.us
Focus:	The Somerset County Nutrition Program for the Elderly is committed to nourishing not only the physical body with food, but the mind and spirit as well by lessening isolation and providing a system that supports older adults' independence in the community to enhance their quality of life.
Services:	   
Population served:	Seniors
Funded by:	State, federal, county, client donations
Fees & Charges:	None





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






SOMERSET COUNTY Physical Activity Programs

Program Name:	ProKIDS-Nutrition and Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Avenue, Somerville, NJ 08876
County:	Somerset
Phone:	908-595-2638
Website:	www.somersetmedicalcenter.com
Focus:	To promote health
Services:	 
Population served:	All ages
Funded by:	Grants
Fees & Charges:	None

Program Name:	Healthy Bones
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Avenue, Somerville, NJ 08876
County:	Somerset
Phone:	908-595-2345
Website:	www.somersetmedicalcenter.com
Focus:	To increase physical activity and prevention
Services:	 
Population served:	Ages 50+
Funded by:	Grants
Fees & Charges:	Yes

SOMERSET COUNTY Physical Activity Programs

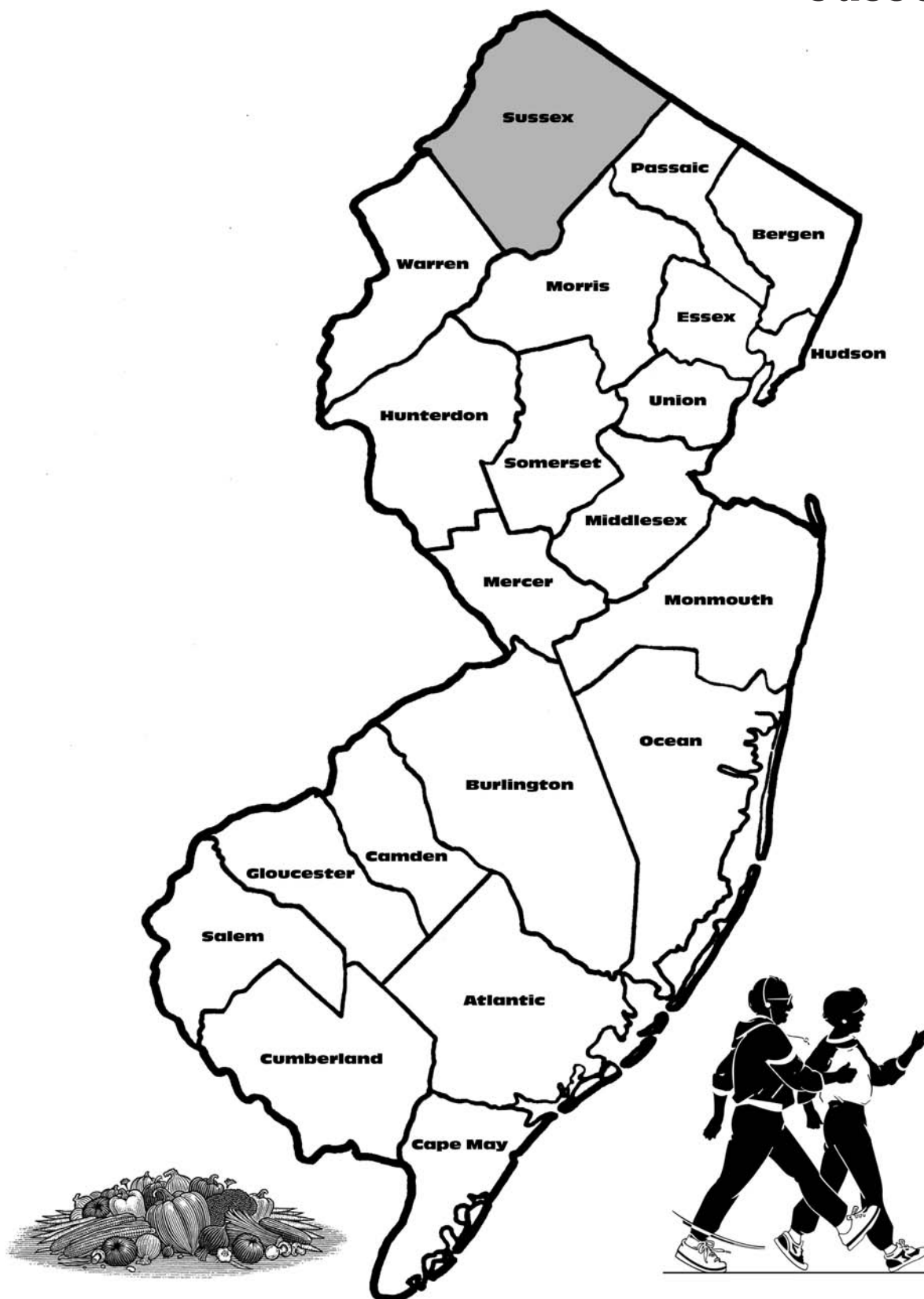
Program Name:	Somerset County Wellness Program & Senior Centers
Agency/Institution:	Somerset County Office on Aging
Address:	PO Box 3000, Somerville, NJ 08876
County:	Somerset
Phone:	888-747-1122
Website:	www.co.somerset.nj.us
Focus:	Promote active lifestyles for older adults to maintain and improve their health, promote their independence and safety, delay premature institutionalization and empower older adults to make healthy decisions
Services:	   
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes

Program Name:	Kinesis and Wellness Systems, Arts and Dance, Aquatics, Sports Classes and Leagues, Community Outreach-Seniors Programs
Agency/Institution:	Somerset Hills YMCA
Address:	140 Mount Airy Road, Basking Ridge, NJ 07920
County:	Somerset
Phone:	908-630-3502
Website:	www.somersethillsymca.org
Focus:	Promote physical fitness and give people a roadmap to meet their health goals
Services:	     Services vary by program
Population served:	Varies by program
Funded by:	Own funding, grants
Fees & Charges:	Yes




SOMERSET COUNTY Physical Activity Programs

Program Name:	Active for Life
Agency/Institution:	American Cancer Society
Address:	669 Littleton Road, Parsippany, NJ 07054
County:	Morris
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Promote a physically active lifestyle
Population served:	Adults, work-site employees
Funded by:	Own funding, contributions
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Sussex County






SUSSEX COUNTY Nutrition Programs

Program Name:	Weight Loss Program
Agency/Institution:	Sparta Parks & Recreation
Address:	65 Main Street, Sparta, NJ 07871
County:	Sussex
Phone:	973-729-2383
Focus:	Lose weight, eat healthier snacks & meals, and become aware of eating habits
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding
Fees & Charges:	No, only if you gain!

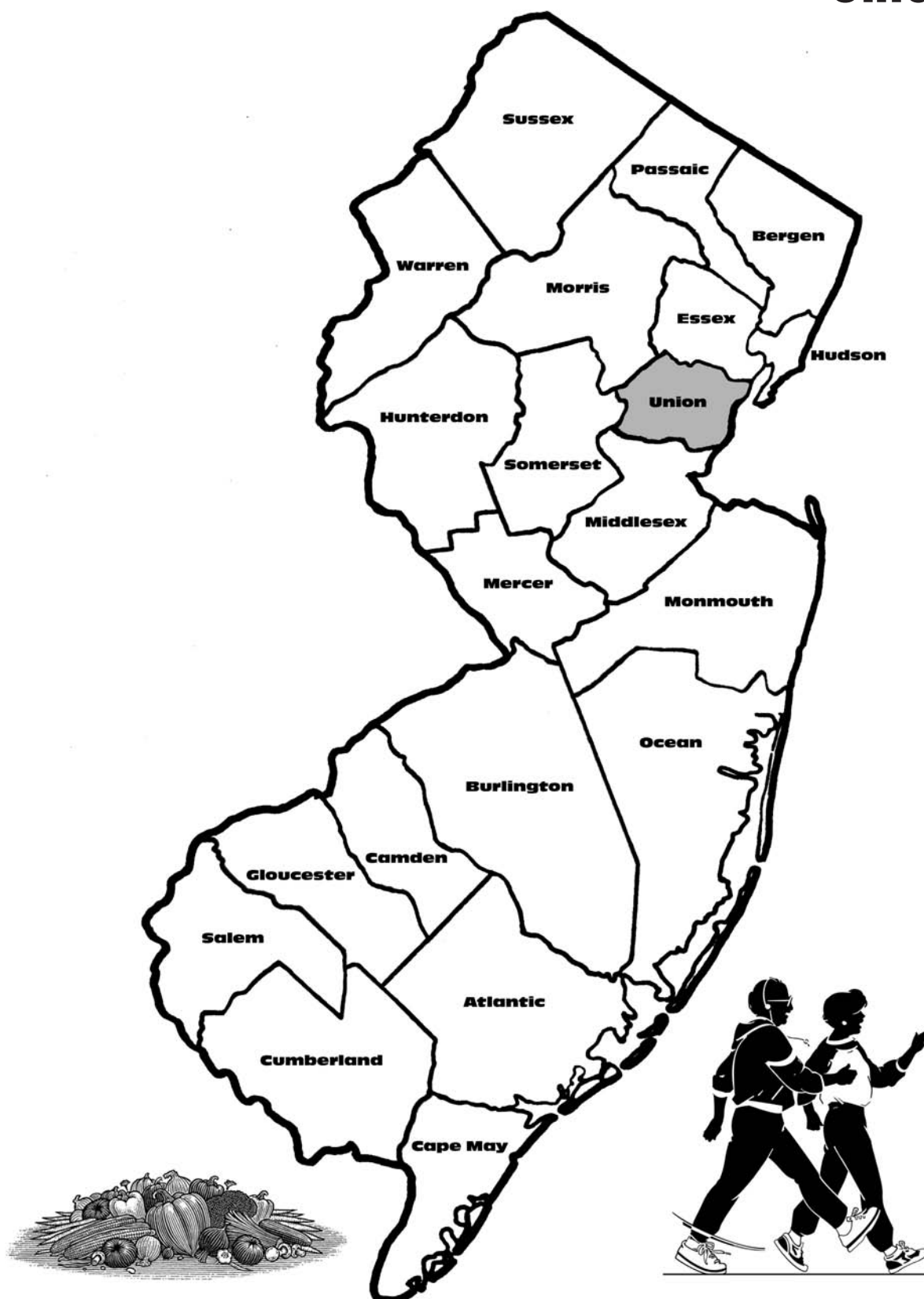
Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

SUSSEX COUNTY Physical Activity Programs






Program Name:	Morning Exercise, Yoga, Tai Chi, Water Exercise (summer only)
Agency/Institution:	Sparta Parks & Recreation-Senior Citizen Division
Address:	65 Main Street, Sparta, NJ 07871
County:	Sussex
Phone:	973-729-2383
Focus:	Promote activity and social life
Services:	  
Population served:	Seniors
Funded by:	Own funding, township taxes, partially paid for by participants
Fees & Charges:	Yes




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

Union County












UNION COUNTY Nutrition Programs

Program Name:	Steppin Up
Agency/Institution:	Fanwood-Scotch Plains YMCA
Address:	1340 Martine Avenue, Scotch Plains, NJ 07076
County:	Union
Phone:	908-889-8880
Focus:	Improve daily nutrition combined with exercise
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes






Program Name:	Union County Nutrition Program
Agency/Institution:	Kenilworth Senior Citizens Club
Address:	526 Boulevard, Kenilworth, NJ 07033
County:	Union
Phone:	908-272-7743
Focus:	Increase fruit and vegetable intake
Services:	  
Population served:	Seniors
Funded by:	Union county nutrition program
Fees & Charges:	None







UNION COUNTY Nutrition Programs

Agency/Institution:	YWCA
Address:	232 East Front Street, Plainfield, NJ 07063
County:	Union
Phone:	908-756-3500 ext.127
Focus:	Increase knowledge of healthy eating habits, proper servings, calorie intake, and package reading (dietary) Focus on special population audience
Services:	    
Population served:	All ages
Fees & Charges:	Depends on the service






Program Name:	Senior Nutrition Program
Agency/Institution:	Union County Division on Aging
Address:	Administration Building, 4th Floor, Elizabethtown Plaza, Elizabeth, NJ 07207
County:	Union
Phone:	908-527-4870
Website:	www.ucnj.org
Focus:	To provide nutritious meals and services which are designed to promote the independence, dignity, health and well-being of participants
Services:	   
Population served:	Adults, seniors
Funded by:	State, federal, local
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

UNION COUNTY Nutrition Programs

Program Name:	Supersize America: Beating the Obesity Epidemic
Agency/Institution:	Rutgers Cooperative Extension of Union County
Address:	300 North Ave East, Westfield, NJ 07090
County:	Union
Phone:	908-654-9854
Website:	www.rce.rutgers.edu
Focus:	Awareness of obesity, understanding how to change behavior and examples of need for change
Services:	    
Population served:	Adolescents, adults, seniors, families
Funded by:	Own funding, grants
Fees & Charges:	Yes






Program Name:	Meals to Enjoy Once Again
Agency/Institution:	City of Elizabeth Division of Health
Address:	50 Winfield Scott Plaza, Elizabeth, NJ 07201-2462
County:	Union
Phone:	908-820-4060
Focus:	Promote better and varied menus toward dieting
Services:	     
Population served:	Children, adolescents, seniors
Funded by:	Local government
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors




UNION COUNTY Nutrition Programs

Agency/Institution:	Westfield Area YMCA
Address:	220 Clark Street, Westfield, NJ 07090
County:	Union
Phone:	908-233-2700
Website:	www.westfieldynj.org
Focus:	Eat healthy and exercise
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state, federal
Fees & Charges:	Yes



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






UNION COUNTY Physical Activity Programs

Agency/Institution:	Fanwood-Scotch Plains YMCA
Address:	1340 Martine Avenue, Scotch Plains, NJ 07076
County:	Union
Phone:	908-889-8880
Focus:	Promote physical activity in daily life through increased walking and become more aware of activity by wearing a pedometer
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes




Program Name:	Two line dancing and one exercise program
Agency/Institution:	Kenilworth Senior Citizens Club
Address:	526 Boulevard, Kenilworth, NJ 07033
County:	Union
Phone:	908-272-7743
Focus:	Promote an active lifestyle
Services:	  
Population served:	Seniors
Funded by:	Town applied for grant and sponsors one exercise program and one line dancing program
Fees & Charges:	None





UNION COUNTY Physical Activity Programs

Program Name:	Fitness Center -Tai Chi, Senior Exercise, Yoga, Social Dancing, and Walking Club
Agency/Institution:	Clark Seniors
Address:	430 Westfield Ave., Clark, NJ 07066
County:	Union
Phone:	732-388-3600
Focus:	Active for the seniors
Services:	 
Population served:	Ages 55+
Funded by:	Senior budget and recreation budget
Fees & Charges:	None






Agency/Institution:	YWCA
Address:	232 East Front Street, Plainfield, NJ 07063
County:	Union
Phone:	908-756-3500 ext. 127
Focus:	Promote wellness and optimal fitness
Services:	    
Population served:	All ages
Funded by:	Grants, the Department of Health and Fitness
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors






UNION COUNTY Physical Activity Programs

Program Name:	Steppin Out Union County
Agency/Institution:	Rutgers Cooperative Extension of Union County
Address:	300 North Ave. East, Westfield, NJ 07090
County:	Union
Phone:	908-654-9854
Website:	www.rce.rutgers.edu
Focus:	Increase physical fitness, lose weight, reduce risk for disease
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants, state, federal
Fees & Charges:	Yes






Program Name:	Exercise Now, Benefit Always
Agency/Institution:	City of Elizabeth Division of Health
Address:	50 Winfield Scott Plaza, Elizabeth, NJ 07201-2462
County:	Union
Phone:	908-820-4060
Focus:	Live better longer
Services:	   
Population served:	Children, adolescents, seniors
Funded by:	Local government
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors





UNION COUNTY Physical Activity Programs

Agency/Institution:	Westfield Area YMCA
Address:	220 Clark Street, Westfield, NJ 07090
County:	Union
Phone:	908-233-2700
Website:	www.westfieldynj.org
Focus:	Build a healthy body, mind, and spirit
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state, federal
Fees & Charges:	Yes

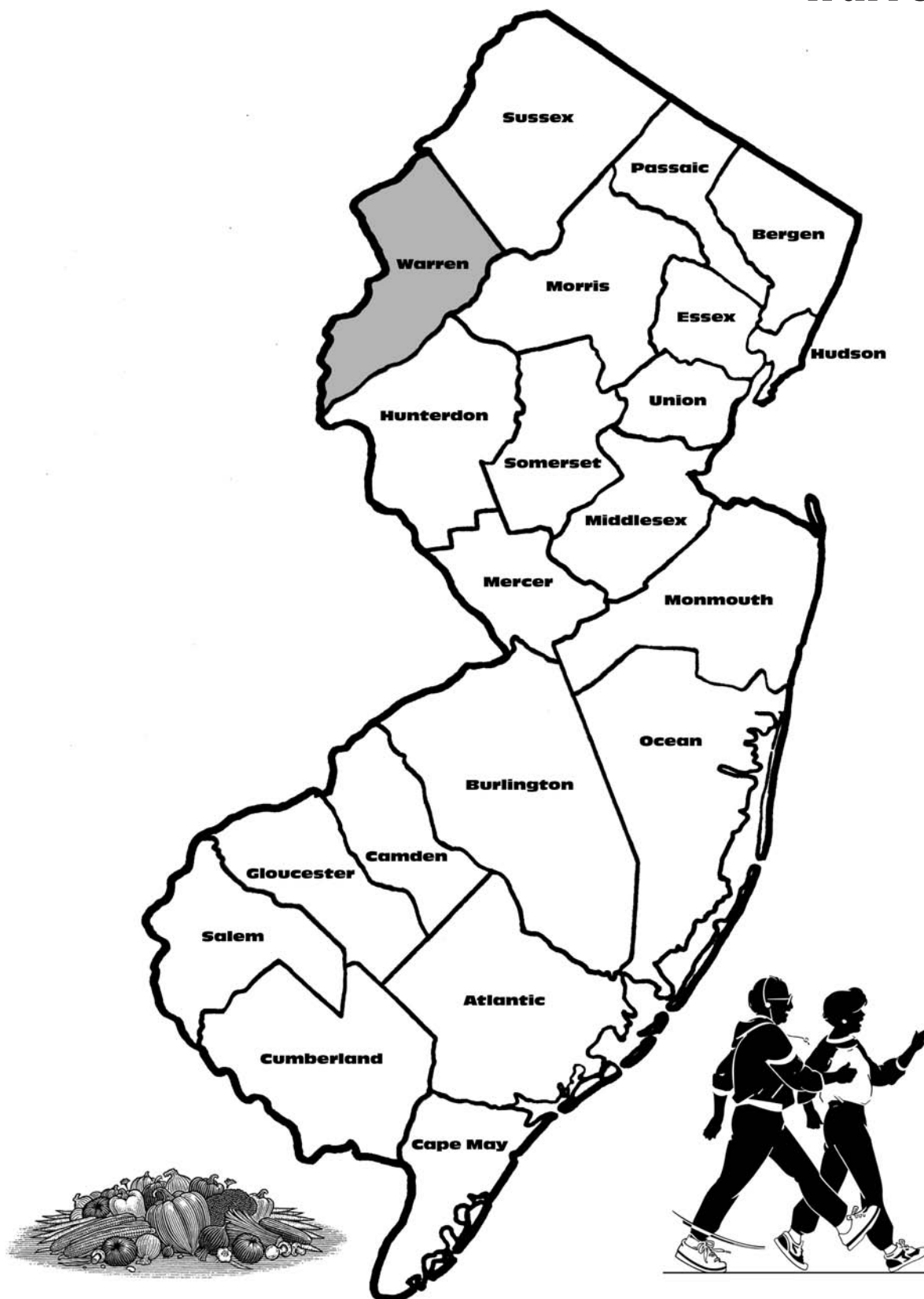
Program Name:	Health and Fitness
Agency/Institution:	YMCA of Eastern Union County, Rahway Branch
Address:	1564 Irving Street, Rahway, NJ 08854
County:	Union
Phone:	732-388-0057
Website:	www.ymcaeuc.org
Focus:	To help develop a healthy spirit, mind and body for all of our members
Services:	    
Population served:	All ages
Funded by:	Own funding, grants, state
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

UNION COUNTY Physical Activity Programs




Program Name:	Fitness, Aquatics & Youth Sports
Agency/Institution:	YMCA of Eastern Union County Five Points Branch
Address:	201 Tucker Avenue, Union, NJ 07083
County:	Union
Phone:	908-688-9622
Website:	www.ymcaeuc.org
Focus:	To promote healthy lifestyles, water safety and basic fundamentals of sports
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes






Program Name:	Health and Fitness
Agency/Institution:	YMCA of Eastern Union County, Elizabeth Branch
Address:	135 Madison Avenue, Elizabeth, NJ 07201
County:	Union
Phone:	908-355-9622
Website:	www.ymcaeuc.org
Focus:	To help develop a healthy spirit, mind and body for all of our members
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes

Warren County






WARREN COUNTY Nutrition Programs

Program Name:	Health Education Division
Agency/Institution:	Warren County Health Department
Address:	315 W. Washington Avenue, Washington, NJ 07882
County:	Warren
Phone:	908-475-7960
Website:	www.co.warren.nj.us/healthdept/
Focus:	To provide nutrition information on request to any and all Warren County residents as necessary
Services:	  
Population served:	All ages
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Warren County Senior Nutrition Program
Agency/Institution:	Warren County Division of Senior Services
Address:	165 County Road 519 South, Belvidere, NJ 07823
County:	Warren
Phone:	908-475-6590
Website:	www.warrennet.org/warrencounty/
Focus:	To provide a nutritious meal meeting 1/3 of the recommended dietary allowances
Services:	    
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

WARREN COUNTY Nutrition Programs

Program Name:	Weight Management
Agency/Institution:	Warren Hospital
Address:	445 Marshall Street, Phillipsburg, NJ 08865
County:	Warren
Phone:	908-959-8833
Website:	www.warrenhopsital.org
Focus:	Encourage healthy eating and physical activity
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Call for information on currently available programs



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






WARREN COUNTY Physical Activity Programs

Program Name:	Health Education Division
Agency/Institution:	Warren County Health Department
Address:	315 W. Washington Avenue, Washington, NJ 07882
County:	Warren
Phone:	908-475-7960
Website:	www.co.warren.nj.us/healthdept/
Focus:	To promote daily physical activity
Services:	 
Population served:	All ages
Fees & Charges:	None

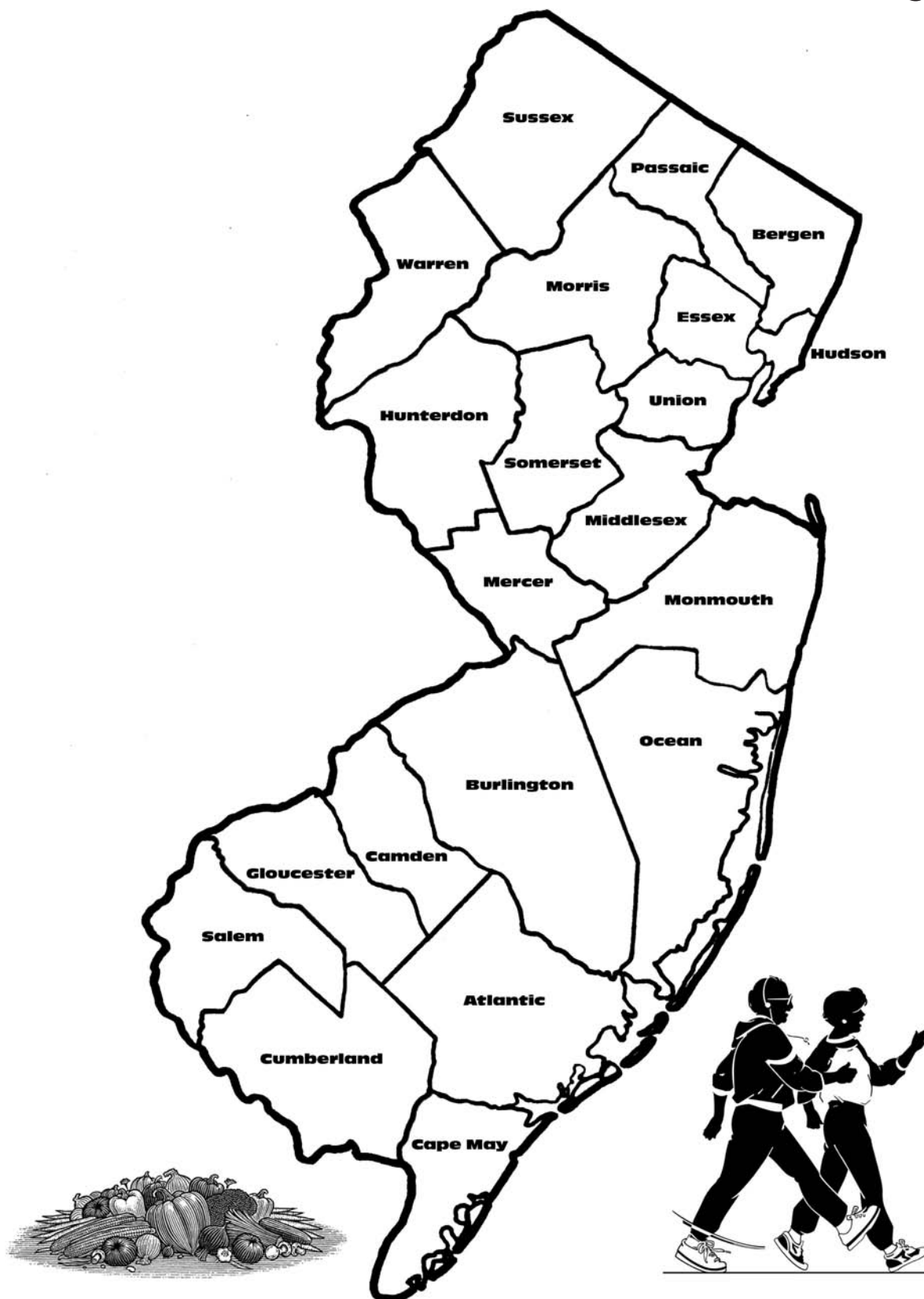
Program Name:	Team Sports
Agency/Institution:	Phillipsburg Recreation Department
Address:	675 Corliss Avenue, Phillipsburg, NJ 08865
County:	Warren
Phone:	908-454-5003
Website:	www.phillipsburgnj.org
Focus:	Promote active lifestyle
Services:	  Education for volunteer coaches
Population served:	Children, adolescents
Funded by:	Own funding, grants, nominal fees and fund raising
Fees & Charges:	Yes

WARREN COUNTY Physical Activity Programs



Program Name:	Various programs at Nutrition Centers
Agency/Institution:	Warren County Division of Senior Services
Address:	165 County Road 519 South, Belvidere, NJ 07823
County:	Warren
Phone:	908-475-6590
Website:	www.warrennet.org/warrencounty/
Focus:	To provide a healthy, nutritious lunch and promote healthy living
Services:	 
Population served:	Seniors
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Program Name:	Health and Wellness Center
Agency/Institution:	Warren Hospital
Address:	445 Marshall Street, Phillipsburg, NJ 08865
County:	Warren
Phone:	908-959-8833
Website:	www.warrenhospital.org
Focus:	To improve health and wellness by offering guidance in choosing a comprehensive long-term program to meet specific needs The center is directed toward the achievement and maintenance of improving cardiovascular endurance, increasing strength, and losing weight in a medically based fitness facility.
Services:	    
Population served:	Adolescents, adults, seniors
Funded by:	Own funding
Fees & Charges:	Yes



Statewide



STATEWIDE Nutrition Programs

Agency/Institution:	American Cancer Society
Program Name:	American Cancer Society Answer Line and Websites www.cancer.org and www.fightcancer.org
Address:	20 Mercer Street, Hackensack, NJ 07601
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Reliable, science-based information, referrals and guidance on all topics surrounding cancer
Services:	 
Population served:	All ages
Funded by:	Own funding, grants, contributions
Fees & Charges:	None
Other information:	<p>24 hour/7 days a week answer line 1-800-ACS-2345 and websites www.cancer.org and www.fightcancer.org provide constantly updated information and community resources.</p> <p>Nutrition/physical activity guidelines to lower cancer risk are updated at least every 5 years, with most recent update in 2006.</p> <p>For cancer patients & their loved ones: Referrals, information and guidance to help with nutrition challenges Program has specific cancer prevention focus and provides information for cancer patients/survivors</p>

STATEWIDE Nutrition Programs

Agency/Institution:	American Cancer Society
Program Name:	Body & Soul
Address:	20 Mercer Street, Hackensack, NJ 07601
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Increase vegetable and fruit consumption of African American population
Services:	 
Population served:	Tailored for African Americans of all ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Body & Soul is a 12-week program for African American churches to encourage own membership to eat more vegetables & fruits. Manual explains how church committee might run it, and local American Cancer Society is the resource. Program has specific cancer prevention focus

Agency/Institution:	American Dairy Association and Dairy Council, Inc.
Program Name:	Dairy Council (serving Northern NJ)
Address:	219 South West Street – Suite 100, Syracuse, NY 13202-1205
Phone:	570-894-1594
Website:	www.adadc.com/index.html
Focus:	To encourage the consumption of milk and dairy products through advertising, education and promotion, and to reach consumers with product benefits and advantages





STATEWIDE Nutrition Programs

Agency/Institution:	Community FoodBank of New Jersey
Address:	31 Evans Terminal Road, Hillside, NJ 07205
Phone:	908-355-3663
Website:	www.njfoodbank.org
Focus:	Provide donated groceries to charities such as food pantries, soup kitchens, homeless shelters, and other programs in 18 counties

Agency/Institution:	Community FoodBank of New Jersey – Southern Branch
Address:	6735 Black Horse Pike, Egg Harbor Township, NJ 08234
County:	Atlantic, Cape May, Cumberland and parts of Burlington
Phone:	609-383-8843
Website:	www.okus.com/foodbank/
Focus:	Provide donated groceries to charities such as food pantries, soup kitchens, homeless shelters, and other programs

Agency/Institution:	Mid-Atlantic Dairy Association
Program Name:	Dairy Council (serving Southern NJ)
Address:	325 Chestnut Street – Suite 100, Philadelphia, PA 19106
Phone:	215-627-8800
Website:	www.dairyspot.com
Focus:	Practical dairy nutrition and health information, helpful school resources, great-tasting recipes and the latest dairy news

STATEWIDE Nutrition Programs

Agency/Institution:	New Jersey Department of Agriculture
Program Name:	Child Nutrition Programs
Address:	PO Box 334, 33 W. State St., 4th Floor, Trenton, NJ 08852
Phone:	609-984-0692
Focus:	Provides nutritious, low cost meals to school age students. The Child Care Food Program provides nutritious meals to pre-school children and also has an adult day care component.
Services:	   
Population served:	Children, adolescents
Funded by:	State, federal
Fees & Charges:	None

Agency/Institution:	New Jersey Department of Agriculture
Program Name:	Division of Food and Nutrition
Address:	P.O. Box 334, Trenton, NJ 08625-0334
Phone:	609-984-0692
Website:	www.state.nj.us/agriculture/
Focus:	To develop, promote, conserve, and support the agricultural and agribusiness industry of the state




STATEWIDE Nutrition Programs

Agency/Institution:	New Jersey Department of Agriculture
Program Name:	State Food Purchase Program
Address:	P.O. Box 330, Trenton, NJ 08625
Website:	www.state.nj.us/agriculture/divisions/fn/fooddistrib/foodpurchaseprogram.html
Focus:	Provides funding for: (1) The purchase of healthy and nutritious foods to feed people affected by hunger and (2) Expanding the storage capacity of the state's emergency feeding operations and upgrading their food-preparation equipment







Agency/Institution:	New Jersey Department of Health and Senior Services
Program Name:	Child and Adolescent Health – Nutrition and Physical Activity
Address:	50 East State Street – 6th Floor, Trenton, NJ 08625-0364
Phone:	609-292-1723
Website:	www.state.nj.us/health/fhs/children/nutrifitness.shtml
Focus:	Offer technical assistance to grantees who address nutrition and physical activity in their grants Assist in the coordination of the state fitness council, which offers mini grants for healthy community development

STATEWIDE Nutrition Programs





Agency/Institution:	New Jersey Department of Health and Senior Services
Program Name:	Fruits and Veggies – More Matters® (new campaign replacing 5 A Day Program)
Address:	50 East State St., 6th Floor, Trenton, NJ 08625-0364
Phone:	609-292-9560
Website:	www.state.nj.us/health/fiveaday/index.shtml
Focus:	Encourage residents to eat more fruits and vegetables


Agency/Institution:	New Jersey Department of Health & Senior Services, Division of Aging and Community Services
Program Name:	HealthEASE Health Education Program
Address:	PO Box 807, Trenton, NJ 08625-0807
Phone:	609-292-9152
Website:	www.state.nj.us/health
Focus:	This nutrition education program encourages older adults to make healthier choices, including: increasing fruit and vegetables, decreasing fat and salt, reading food labels, and understanding portion control.
Services:	  
Population served:	Older adults, seniors
Funded by:	Grants, local agencies provide the program
Fees & Charges:	None
Other information:	NJDHSS, Division of Aging and Community Services regularly provides free trainings for physical activity and health education programs for community agencies

STATEWIDE Nutrition Programs






Agency/Institution:	New Jersey Department of Health and Senior Services, Division of Aging & Community Services
Program Name:	Senior Nutrition Program
Address:	PO Box 807, Trenton, NJ 08625-0807
Phone:	609-341-5301
Focus:	Promote independence, dignity, health and well-being of older citizens that participate in the nutrition program through healthy meals, socialization and education
Services:	     
Population served:	Adults, seniors, populations that need kosher and vegetarian
Funded by:	Federal, county government
Fees & Charges:	None
Other information:	Various exercise offered such as dancing, tai chi, chair exercises, exercise to offset osteoporosis, and walking

STATEWIDE Nutrition Programs

Agency/Institution:	New Jersey Department of Health and Senior Services, New Jersey Women, Infants, and Children (WIC) Services and the New Jersey Department of Agriculture
Program Name:	Farmers' Market Nutrition Program
Address:	50 East State Street, Trenton, NJ 08625
Phone:	609-292-9560
Website:	http://www.nj.gov.health/fhs/wic/farmermktpart.shtml
County:	Mercer
Focus:	Provide fresh, locally grown fruits and vegetables to low-income residents participating in WIC Services and also to senior citizens 60 years and older Increase awareness of farmers markets and increase income of the local farmers
Services:	   
Population served:	Targets low-income (all ages), senior citizens 60+
Funded by:	Federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Agency/Institution:	New Jersey Department of Health and Senior Services, WIC Services
Program Name:	The Intergenerational School Breakfast Program
Address:	P. O. Box 364, 50 East State Street, 6th floor, Trenton, NJ 08625
Phone:	609-292-9560
Website:	www.state.nj.us/health/fhs/isbp/index.shtml
Focus:	To promote nutrition education to young children through the use of nutrition themed children's books
Services:	
Population served:	Children
Funded by:	State, federal
Fees & Charges:	None

STATEWIDE Nutrition Programs







Agency/Institution:	New Jersey Department of Health and Senior Services, WIC Services
Program Name:	The WIC Program
Address:	P.O. Box 364, 50 East State Street, 6th floor, Trenton, NJ 08625
Phone:	609-292-9560
Website:	www.state.nj.us/health/fhs/wic/index.shtml
Focus:	To improve health outcomes for low-income women, infants and children through the provision of nutrition services which include assessment, counseling and the provision of vouchers for healthy foods
Services:	    
Population served:	Low income women, infants and children at nutritional risk, males
Funded by:	Federal
Fees & Charges:	None

Agency/Institution:	New Jersey Dietetic Association
Address:	1 AAA Dr., Suite 102, Trenton, NJ 08691
Phone:	609-585-5458
Website:	www.Eatrightnj.org
Focus:	Website provides nutrition-related information and resource links

Agency/Institution:	New Jersey School Nutrition Association
Address:	P.O. Box 469, Millburn, NJ 07041
Phone:	973-301-0777
Website:	www.njsna.net/
Focus:	Dedicated to the professional development of school food service and nutrition personnel, and to protecting and enhancing children's health and well-being through school meals and sound nutrition education

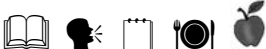




STATEWIDE Nutrition Programs

Agency/Institution:	New Jersey Society for Public Health Education
Website:	www.njsophe.org/online/
Focus:	Promote healthy behaviors, healthy communities, and healthy environments with a focus on public health education

Agency/Institution:	Rutgers Cooperative Extension - Family and Community Health Sciences
Program Name:	Get Moving, Get Healthy, New Jersey
Address:	Martin Hall - 88 Lipman Drive, New Brunswick, NJ 08889
Phone:	732-932-5000 ext. 604
Website:	www.rce.rutgers.edu/fchs
Focus:	Increase fruit and vegetable consumption, whole grains and dairy, and decrease saturated fats and trans fats
Services:	     
Population served:	All ages
Funded by:	Grants, state, federal
Fees & Charges:	Yes





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

STATEWIDE Nutrition Programs

Agency/Institution:	Rutgers Cooperative Extension of Mercer and Middlesex
Program Name:	Food Stamp Nutrition Education (FSNEP), Expanded Food and Nutrition (EFNEP)
Address:	930 Spruce Street, Trenton, NJ 08648
Phone:	609-989-6972
Website:	www.FSNEP.rutgers.edu, www.EFNEP.rutgers.edu
Focus:	Overall improvement of nutritional foods and health
Services:	    
Population served:	All ages, especially low-income group
Funded by:	External grants, state, federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)


STATEWIDE Nutrition Programs

Agency/Institution:	Rutgers University, Department of Nutritional Sciences & Rutgers Cooperative Extension
Program Name:	NJ Food Stamp Nutrition Education Program & NJ Expanded Food and Nutrition Education Program
Address:	26 Nichol Ave. Davison Hall, New Brunswick, NJ 08901-2882
Phone:	732-932-9853
Focus	To increase the consumption of fruits, vegetables, and calcium-rich foods, with a focus on increased food security
Website:	www.fsnep.rutgers.edu
Services:	   
Population served:	All ages
Funded by:	Grants, state, federal, local in-kind contributions
Fees & Charges:	None


Agency/Institution:	Rutgers, The State University of New Jersey
Program Name:	Cooperative Extension Services
Address:	88 Lipman Dr., New Brunswick, NJ 08901
Website:	http://njaes.rutgers.edu/extension/
Focus:	Ensure healthy lifestyles, provide productive futures for youth, adults, and communities, enhance and protect environmental resources, ensure economic growth and agricultural sustainability, and improve food safety and nutrition

Agency/Institution:	University of Medicine and Dentistry of New Jersey
Program Name:	Healthy NJ – Information for Healthy Living
Website:	www.healthynj.org
Focus:	Provides health care information to consumers, particularly the residents of New Jersey Website includes information on nutrition and exercise

STATEWIDE Physical Activity Programs

Agency/Institution:	American Cancer Society
Program Name:	American Cancer Society Answer Line and Website
Address:	20 Mercer Street, Hackensack, NJ 07601
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Reliable, science-based information, referrals and guidance on all topics surrounding cancer
Services:	
Population served:	All ages
Funded by:	Own funding, grants, contributions
Fees & Charges:	None
Other information:	24 hour/7 days a week answer line 1-800-ACS-2345 and website www.cancer.org provide constantly updated information and community resources Nutrition/physical activity guidelines to lower cancer risk are updated at least every 5 years Program has specific cancer prevention focus and provides information for cancer patients/survivors

STATEWIDE Physical Activity Programs

Agency/Institution:	American Cancer Society
Program Name:	Body & Soul
Address:	20 Mercer Street, Hackensack, NJ 07601
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Promote a physically active lifestyle according to American Cancer Society guidelines to reduce cancer risk
Services:	
Population served:	Adults, work-site employees
Funded by:	Own funding, contributions
Fees & Charges:	None
Other information:	24 hour/7 days a week answer line 1-800-ACS-2345 Program has specific cancer prevention focus and provides information for cancer patients/survivors

Agency/Institution:	New Jersey Department of Education
Program Name:	New Jersey Association for Health, Physical Education, Recreation and Dance
Address:	P.O. Box 716, Waretown, NJ 08758
Phone:	609-971-0522
Website:	www.njahperd.org
Focus:	Committed to the advancement of quality health, physical education, recreation and dance programs in the state of New Jersey through professional development programming and the promotion of healthy, active lifestyles, advocacy, and collegial exchange





STATEWIDE Physical Activity Programs




Agency/Institution:	New Jersey Department of Education, Office of Academic and Professional Standards
Program Name:	Comprehensive Health and Physical Education
Address:	100 Riverview Executive Plaza, Box 500 Trenton, NJ 08625
Phone:	609-777-4809
Website:	www.nj.gov/education/aps/cccs/chpe/
Focus:	Provides local school districts with technical assistance and professional development to ensure that all students receive appropriate, standards-based education

Agency/Institution:	New Jersey Department of Health and Senior Services
Program Name:	Child and Adolescent Health – Nutrition and Physical Activity
Address:	50 East State Street – 6th Floor, Trenton, NJ 08625-0364
Phone:	609-292-1723
Website:	www.state.nj.us/health/fhs/children/nutrifitness.shtml
Focus:	Offer technical assistance to grantees who address nutrition and physical activity in their grants Assist in the coordination of the state fitness council, which offers mini-grants for healthy community development





Agency/Institution:	New Jersey Department of Health and Senior Services
Program Name:	New Jersey Council on Physical Fitness and Sports
Address:	50 East State Street – 6th Floor, Trenton, NJ 08625-0364
Phone:	609-943-4251
Website:	www.state.nj.us/health/fhs/njcpfs/index.shtml
Focus:	To encourage and promote physical fitness statewide

STATEWIDE Physical Activity Programs


Agency/Institution:	New Jersey Department of Health & Senior Services, Division of Aging and Community Services
Program Name:	HealthEASE Move Today
Address:	PO Box 807, Trenton, NJ 08625-0807
Phone:	609-292-9152
Website:	www.state.nj.us/health
Focus:	Promote an active lifestyle for adults age 50 or older through non-aerobic exercise class designed to improve flexibility, balance and stamina
Services:	   
Population served:	Ages 50+
Funded by:	Grants, local agencies who deliver the program may charge fees for the program
Fees & Charges:	Yes
Other information:	NJDHSS-Division of Aging and Community Services regularly provides free trainings for physical activity and health education programs for community agencies. The program is available at several local sites throughout the state.



Agency/Institution:	New Jersey Department of Health and Senior Services, Division of Aging and Community Services
Program Name:	Live Long, Live Well Walking Program
Address:	PO Box 807, Trenton, NJ 08625-0807
Phone:	609-292-9152
Website:	www.nj.gov/health/senior/walking/index.shtml
Focus:	Promote an active lifestyle
Services:	  
Population served:	Ages 50+
Funded by:	State
Fees & Charges:	None

STATEWIDE Physical Activity Programs

Agency/Institution:	New Jersey Department of Health & Senior Services, Division of Aging and Community Services
Program Name:	Project Healthy Bones
Address:	PO Box 807, Trenton, NJ 08625-0807
Phone:	609-292-9152
Website:	www.nj.gov/health/senior/osteo/project.shtml
Focus:	The Project Healthy Bones program encourages older adults to make healthier behavior choices to protect and strengthen their bones. The program includes exercises to improve strength, balance and flexibility. The educational component covers the importance of exercise, nutrition, safety, drug therapy and lifestyle factors related to osteoporosis.
Services:	   
Population served:	Older adults with or at risk of osteoporosis
Funded by:	Local agencies charge minimal fees to cover cost of materials
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors




STATEWIDE Physical Activity Programs

Agency/Institution:	New Jersey Department of Health and Senior Services, WIC Services
Program Name:	The Intergenerational School Breakfast Program
Address:	P. O. Box 364, 50 East State Street, 6th floor, Trenton, NJ 08625
Phone:	609-292-9560
Website:	www.state.nj.us/health/fhs/isbp/index.shtml
Focus:	The goals of the project: 1) use the School Breakfast Program to promote the importance of good nutrition early in life, 2) serve as an intergenerational initiative by pairing young children with volunteers who act as role models and mentors (optional), 3) promote increased participation in the School Breakfast Program, and 4) promote reading and literacy
Services:	
Population served:	Children
Funded by:	State, federal
Fees & Charges:	None
Other information:	The ISBP is operated via a website that allows pre-schools, child care programs and elementary schools to register and request free materials to support nutrition education and physical activity. www.state.nj.us/health/fhs/isbp/nutri_ed_training_mat.shtml

Agency/Institution:	New Jersey Department of Health and Senior Services, WIC Services
Program name:	The WIC Program
Address:	P.O.Box 364, 50 East State Street, 6th floor, Trenton, NJ 08625
Phone:	609-292-9560
Website:	www.state.nj.us/health/fhs/wic/index.shtml
Focus:	Promote increased physical activity as one strategy towards the maintenance of a healthy weight among WIC participants and their families
Services:	 
Population served:	Low income women, infants and children with a nutritional risk, male
Funded by:	Federal
Fees & Charges:	None
Other information:	Local WIC Agencies throughout New Jersey offer special programs throughout the year

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

STATEWIDE Physical Activity Programs




Agency/Institution:	New Jersey Health Care Quality Institute
Program Name:	Mayors Wellness Campaign
Address:	479 West State Street, Trenton, NJ 08619
Phone:	609-393-4931
Website:	www.mayorswellnesscampaign.org
Focus:	Decrease obesity by increasing activity levels Help NJ achieve the 2010 Healthy People Goals
Services:	  
Population served:	All ages
Funded by:	Grants
Fees & Charges:	None
Other information:	A collection of evidence based programs implemented throughout the state

Agency/Institution:	New Jersey Recreation and Park Association
Address:	13 April Lane, Somerset, NJ 08873-5301
Phone:	732-568-1270
Website:	www.njrpa.org
Focus:	Dedicated to enhancing the lives of all New Jersey residents by promoting recreation, parks, conservation, and leisure services through education, professional development, public awareness, legislative advocacy, and direct member services
Other information:	Contact your local township for additional park and recreation programs.



STATEWIDE Physical Activity Programs

Agency/Institution:	New Jersey Society for Public Health Education
Website:	www.njsophe.org/online/
Focus:	Promotes healthy behaviors, healthy communities, and healthy environments with a focus on public health education

Agency/Institution:	New Jersey State Interscholastic Athletic Association
Address:	1161 Route 130 North, Robbinsville, NJ 08691
Phone:	609-259-2776
Website:	www.njsiaa.org
Focus:	Sets forth the rules and regulations governing high school athletics in order to equalize competition for member schools

Agency/Institution:	Rutgers Cooperative Extension - Family and Community Health Sciences
Program Name:	Strong Bones for a Lifetime
Address:	Martin Hall - 88 Lipman Drive, New Brunswick, NJ 08889
Phone:	732-932-5000 ext. 604
Website:	www.rce.rutgers.edu/fchs
Focus:	Increase physical activity in individuals, adults, children, and families
Services:	  
Population served:	All ages
Funded by:	State
Fees & Charges:	Yes

STATEWIDE Physical Activity Programs

Agency/Institution:	Rutgers University, Department of Nutritional Sciences & Rutgers Cooperative Extension
Program Name:	NJ Food Stamp Nutrition Education Program & NJ Expanded Food & Nutrition Education Program
Address:	26 Nichol Ave. Davison Hall, New Brunswick, NJ 08901-2882
Phone:	732-932-9853
Website:	www.fsneprutgers.edu
Services:	 
Population served:	Children, adolescents, adults
Funded by:	State, federal, local in-kind contributions
Fees & Charges:	None

Agency/Institution:	University of Medicine and Dentistry of New Jersey
Program Name:	Healthy NJ – Information for Healthy Living
Website:	www.healthynj.org
Focus:	Provides health care information to consumers, particularly the residents of New Jersey Website includes information on nutrition and exercise

National



NATIONAL Nutrition Programs

Agency/Institution:	Action for Healthy Kids
Address:	4711 West Golf Road, Suite 625, Skokie, IL 60076
Phone:	800-416-5136
Website:	www.actionforhealthykids.org
Focus:	Addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity.

Agency/Institution:	America on the Move
Phone:	800-807-0077
Website:	www.americaonthemove.org
Focus:	To improve the health and quality of life by promoting healthful eating and active living among individuals, families, communities and society.

Agency/Institution:	American Cancer Society
Phone:	800-ACS-2345
Website:	www.cancer.org
Focus:	Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service. Prevention programs include the relationship between diet, physical activity and cancer.

NATIONAL Nutrition Programs

Agency/Institution:	American Diabetes Association
Address:	1701 North Beauregard Street, Alexandria, VA 22311
Phone:	1-800-DIABETES (1-800-342-2383)
Website:	www.diabetes.org
Focus:	Diabetes research, information and advocacy. Website includes information on nutrition & recipes, and weight loss & exercise.

Agency/Institution:	American Dietetic Association
Address:	120 South Riverside Plaza, Suite 2000, Chicago, IL 60606
Phone:	800-877-1600
Website:	www.eatright.org
Focus:	Obesity and overweight, with a focus on children; healthy aging; safe, sustainable and nutritious food supply; nutrigenetics and nutrigenomics; integrative medicine, including supplements and alternative medicine.

Agency/Institution:	American Heart Association
Address:	7272 Greenville Avenue, Dallas, TX 75231
Phone:	1-800-AHA-USA-1
Website:	www.americanheart.org
Focus:	To reduce disability and death from cardiovascular diseases and stroke. Website includes information on diet and nutrition, and exercise and fitness.

NATIONAL Nutrition Programs

Agency/Institution:	American Institute of Cancer Research
Address:	1759 R Street NW, Washington, D.C. 20009
Phone:	800-843-8114
Website:	www.aicr.org
Focus:	Supports research into the role of diet and nutrition in the prevention and treatment of cancer. Offers a wide range of cancer prevention education programs.

Agency/Institution:	Centers for Disease Control and Prevention
Program Name:	BAM! Body and Mind™
Address:	1600 Clifton Road, MS C-04, Atlanta, GA 30333
Phone:	800-311-3435
Website:	www.bam.gov
Focus:	Fun nutrition and physical activity information for kids.

Agency/Institution:	Centers for Disease Control and Prevention
Program Name:	Division of Nutrition and Physical Activity
Address:	Mail Stop K-46, 4770 Buford Highway, NE Atlanta, GA 30341-3717
Phone:	770-488-5820
Website:	www.cdc.gov/nccdphp/dnpa/
Focus:	Epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

NATIONAL Nutrition Programs

Agency/Institution:	Centers for Disease Control and Prevention
Program Name:	Powerful Bones. Powerful Girls.™
Address:	4770 Buford Highway, NE, MS/K-24, Atlanta, GA 30341-3717
Phone:	770-488-5820
Website:	www.cdc.gov/powerfulbones
Focus:	Calcium information for girls.

Agency/Institution:	Dole 5 A Day Program
Address:	One Dole Drive, Westlake Village, CA 91362
Website:	www.dole5aday.com
Focus:	Information for kids, parents and teachers on how to increase consumption of fruits and vegetables.

Agency/Institution:	FoodFit.com
Address:	1655 North Fort Myer Drive, Suite 400, Arlington, VA 22209
Phone:	703-302-1040
Website:	www.foodfit.com
Focus:	Provides up to date information for families on nutrition, culinary and fitness resources for a healthier lifestyle.

Agency/Institution:	George Washington University School of Public Health and Health Services
Program Name:	Center for Health and Care in Schools
Address:	2121 K Street, NW Suite 250, Washington D.C., 20036
Phone:	202-466-3396
Website:	www.healthinschools.org
Focus:	To strengthen the well being of children and youth through effective health programs and health care services in schools.

NATIONAL Nutrition Programs

Agency/Institution:	March of Dimes
Address:	1275 Mamaroneck Avenue, White Plains, NY 10605
Phone:	914-997-4488
Website:	www.modimes.org
Focus:	Provides a healthy library and nutrition information for newborns and for pregnant women.

Agency/Institution:	Mid-Atlantic Dairy Association
Program Name:	Dairy Spot
Address:	325 Chestnut Street, Suite 600, Philadelphia, PA 19106
Phone:	215-627-8800
Website:	www.dairyspot.com
Focus:	School nutrition information for teachers.

Agency/Institution:	National Agricultural Library
Program Name:	Nutrition.gov
Address:	10301 Baltimore Avenue, Beltsville, MD 20705-2351
Website:	www.nutrition.gov
Focus:	A guide to nutrition and health information on federal government websites.

Agency/Institution:	National Cancer Institute
Address:	6116 Executive Boulevard, Room 3036A, Bethesda, MD 20892-8322
Phone:	1-800-4-CANCER (1-800-422-6237)
Website:	www.cancer.gov
Focus:	Conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients. Website includes information on weight and obesity, physical activity, and diet.

NATIONAL Nutrition Programs

Agency/Institution:	National Cancer Institute
Program Name:	Body and Soul
Website:	www.bodyandsoul.nih.gov
Focus:	Health program developed for African American churches. Encourages church members to eat a healthy diet rich in fruits and vegetables every day for better health.

Agency/Institution:	National Dairy Council
Program Name:	Nutrition Explorations
Address:	10255 West Higgins Road, Suite 900, Rosemont, IL 60018-5616
Phone:	847-803-2000
Website:	www.nutritionexplorations.org
Focus:	Interactive nutrition games for students; downloadable resources for teachers and parents.

Agency/Institution:	National Institutes of Health, National Institute of Child Health & Human Development
Program Name:	Milk Matters Calcium Education Campaign
Address:	P.O. Box 3006, Rockville, MD 20847
Phone:	1-800-370-2943
Website:	www.nichd.nih.gov/milk/
Focus:	Information for healthcare providers and parents, and fun games for children.

NATIONAL Nutrition Programs

Agency/Institution:	Nemours Foundation
Program Name:	KidsHealth
Address:	4600 Touchton Road East, Building 200, Suite 500, Jacksonville, FL 32246
Phone:	904-232-4100
Website:	www.kidshealth.org
Focus:	Health related information, including nutrition and fitness, for parents, kids, and teens.

Agency/Institution:	Pacific Science Center
Program Name:	Nutrition Cafe
Website:	www.exhibits.pacsci.org/nutrition
Focus:	Kids can play games to make learning about nutrition fun.

Agency/Institution:	Pear Bureau
Address:	4382 SE International Way Ste A, Milwaukie, OR, 97222-4635
Phone:	503-652-9720
Website:	www.usapears.com
Focus:	Information on pears; their nutritional value, recipes, activities, stories and recipes using pears.

Agency/Institution:	Produce for Better Health Foundation and the Centers for Disease Control and Prevention
Program Name:	Fruits & Veggies – More Matters™
Website:	www.fruitsandveggiesmorematters.org
Focus:	Encourage Americans to eat more fruits and vegetables

NATIONAL Nutrition Programs

Agency/Institution:	The Body Positive
Address:	P.O. Box 7801, Berkeley, CA 94707
Phone:	510-528-0101
Website:	www.thebodypositive.org
Focus:	To teach young people how to have a positive body image and healthy relationship with food.

Agency/Institution:	U.S. Department of Agriculture
Program Name:	Eat Smart, Play Hard
Website:	www.fns.usda.gov/eatsmartplayhard/
Focus:	Promotional program with resources targeted to kids to promote healthy eating and physical activity.

Agency/Institution:	U.S. Department of Agriculture
Program Name:	Food and Nutrition Information Center
Address:	10301 Baltimore Avenue, Room 105, Beltsville, MD 20705
Phone:	301-504-5414
Website:	www.nal.usda.gov/fnic
Focus:	A directory to credible, accurate and practical resources for consumers, nutrition and health professionals, and educators; printable format educational materials, government reports, research papers and more.

Agency/Institution:	U.S. Department of Agriculture
Program Name:	Food and Nutrition Service
Address:	3101 Park Center Drive, Room 632, Alexandria, VA 22302
Website:	www.fns.usda.gov
Focus:	Information on nutrition assistance programs: child nutrition, food stamps and WIC.

NATIONAL Nutrition Programs

Agency/Institution:	U.S. Department of Agriculture, Center for Nutrition Policy and Promotion
Program Name:	MyPyramid.gov
Address:	3101 Park Center Drive, Room 1034, Alexandria, VA 22302-1594
Phone:	1-888-7-PYRAMID (1-888-779-7264)
Website:	www.mypyramid.gov
Focus:	Advance and promote dietary guidance for all Americans, and conduct applied research and analyses in nutrition and consumer economics.

Agency/Institution:	U.S. Department of Agriculture, Food and Nutrition Service
Program Name:	Team Nutrition
Address:	3101 Park Center Drive, Room 632, Alexandria, VA 22302
Phone:	703-305-1624
Website:	www.teamnutrition.usda.gov
Focus:	Nutrition resources for schools, educators, parents, kids, school food service. Order free on-line. Enroll schools to join the program.

NATIONAL Nutrition Programs

Agency/Institution:	U.S. Department of Health and Human Services
Program Name:	Girl Power
Website:	www.girlpower.gov
Focus:	Targets health messages to the unique needs, interests, and challenges of girls.

Agency/Institution:	U.S. Department of Health and Human Services, National Health Information Center
Program Name:	Healthfinder.gov
Address:	P.O. Box 1133, Washington, D.C. 20013-1133
Website:	www.healthfinder.gov
Focus:	A guide to reliable health information for consumers.

NATIONAL Physical Activity Programs

Agency/Institution:	Action for Healthy Kids
Address:	4711 West Golf Road, Suite 625, Skokie, IL 60076
Phone:	800-416-5136
Website:	www.actionforhealthykids.org
Focus:	Addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity.

Agency/Institution:	America on the Move
Phone:	800-807-0077
Website:	www.americaonthemove.org
Focus:	To improve the health and quality of life by promoting healthful eating and active living among individuals, families, communities and society.

Agency/Institution:	American Cancer Society
Phone:	800-ACS-2345
Website:	www.cancer.org
Focus:	Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service. Prevention programs include the relationship between diet, physical activity and cancer.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

NATIONAL Physical Activity Programs

Agency/Institution:	American Diabetes Association
Address:	1701 North Beauregard Street, Alexandria, VA 22311
Phone:	1-800-DIABETES (1-800-342-2383)
Website:	www.diabetes.org
Focus:	Diabetes research, information and advocacy. Website includes information on nutrition & recipes, and weight loss & exercise.

Agency/Institution:	American Heart Association
Address:	7272 Greenville Avenue, Dallas, TX 75231
Phone:	1-800-AHA-USA-1
Website:	www.americanheart.org
Focus:	To reduce disability and death from cardiovascular diseases and stroke. Website includes information on diet & nutrition, and exercise & fitness.

Agency/Institution:	American Institute of Cancer Research
Address:	1759 R Street NW, Washington, D.C. 20009
Phone:	800-843-8114
Website:	www.aicr.org
Focus:	Supports research into the role of diet and nutrition in the prevention and treatment of cancer. Offers a wide range of cancer prevention education programs.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

NATIONAL Physical Activity Programs

Agency/Institution:	Centers for Disease Control and Prevention
Program Name:	BAM! Body and Mind™
Address:	1600 Clifton Road, MS C-04, Atlanta, GA 30333
Phone:	800-311-3435
Website:	www.bam.gov
Focus:	Fun nutrition and physical activity information for kids.
Agency/Institution:	Centers for Disease Control and Prevention
Program Name:	VERB™
Website:	www.verbnow.com
Focus:	Website for kids focusing on physical activity.

Agency/Institution:	FoodFit.com
Address:	1655 North Fort Myer Drive, Suite 400, Arlington, VA 22209
Phone:	703-302-1040
Website:	www.foodfit.com
Focus:	Provides up to date information for families on nutrition, culinary and fitness resources for a healthier lifestyle.

Agency/Institution:	National Cancer Institute
Address:	6116 Executive Boulevard, Room 3036A, Bethesda, MD 20892-8322
Phone:	1-800-4-CANCER (1-800-422-6237)
Website:	www.cancer.gov
Focus:	Conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients. Website includes information on weight and obesity, physical activity, and diet.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

NATIONAL Physical Activity Programs

Agency/Institution:	Nemours Foundation
Program Name:	KidsHealth
Address:	4600 Touchton Road East, Building 200, Suite 500, Jacksonville, FL 32246
Phone:	904-232-4100
Website:	www.kidshealth.org
Focus:	Health related information, including nutrition and fitness, for parents, kids, and teens.

Agency/Institution:	President's Council on Physical Fitness and Sports
Program Name:	Physical Activity and Fitness Awards Programs
Address:	501 N. Morton, Suite 104, Bloomington, IN 47404
Phone:	800-258-8146
Website:	www.presidentschallenge.org/
Focus:	Encourages all Americans to make being active part of their everyday lives.

Agency/Institution:	U.S. Department of Agriculture
Program Name:	Eat Smart, Play Hard
Website:	www.fns.usda.gov/eatsmartplayhard/
Focus:	Promotional program with resources targeted to kids to promote healthy eating and physical activity.

Agency/Institution:	U.S. Department of Health and Human Services
Program Name:	Girl Power
Website:	www.girlpower.gov
Focus:	Targets health messages to the unique needs, interests, and challenges of girls.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

NATIONAL Physical Activity Programs

Agency/Institution:	YMCA of the USA
Address:	101 North Wacker Drive, Chicago, IL 60606
Phone:	800-872-9622
Website:	www.ymca.net
Focus:	Health and fitness programs, child care, and human services such as job training, new immigrant education, teen leadership opportunities, parenting classes, and social opportunities.

Agency/Institution:	YWCA of the USA
Address:	1015 18th Street, NW, Suite 1100, Washington, D.C. 20036
Phone:	202-467-0801
Website:	www.ywca.org
Focus:	Health & wellness, fitness, and aquatic programs.

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

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